

Vietnam Fried Rice

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-rice-and-meat-recipe>

Ingredients:

- 2 cups rice
- 4 tablespoons cooking oil
- 1 pound meat any cooked or raw, I used 2 large boneless chicken breasts that I sliced thin
- 3 cloves garlic minced
- 1 onion large, chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon sugar
- 1 tablespoon soy sauce
- 1 cup frozen vegetables or leftover, I used frozen peas and carrots
- 2 eggs beaten

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 95 milligrams
4. Fat: 22 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 7 grams
8. Sodium: 460 milligrams
9. Sugar: 1 grams

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