

# Indian Fried Rice

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/tasty-indian-fried-rice-recipe>

## Ingredients:

- 3 cups cooked rice
- 1 small onion or shallot, finely chopped
- 1/2 inch ginger chopped
- 3 cloves garlic finely chopped
- 1 cup cabbage chopped
- 1/4 cup chopped carrot
- 1/3 cup green peas i used frozen peas
- 1/2 cup green beans chopped
- 2 green onions chopped
- 1 red chili seeds removed, chopped
- 1 teaspoon Garam Masala
- 2 teaspoons soy sauce
- 1 teaspoon vinegar
- 2 teaspoons chili sauce sweet and spicy
- salt unchecked?, to taste
- 2 tablespoons oil

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 7 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 390 milligrams
8. Sugar: 2 grams

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