

# Indo Chinese Egg Fried Rice

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-egg-fried-rice>

## Ingredients:

- 1 cup rice cooked or 2 ¾ cups cooked rice
- egg Scrambled
- 7 green beans chopped, ? cup chopped
- 1 1/2 carrots medium sized, chopped, ? cup chopped
- 1 tablespoon oil
- 1/3 cup scallion greens chopped, or Onions
- 1/2 teaspoon ginger garlic paste or chopped
- 1/2 teaspoon black pepper Powder, adjust to taste
- 3/4 teaspoon salt adjust to taste
- egg Scrambled
- 2 eggs I used 2 eggs
- 1/2 teaspoon water
- 1/8 teaspoon black pepper Powder
- 1/8 teaspoon salt
- 1 teaspoon oil

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 210 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 2 grams
8. Sodium: 600 milligrams
9. Sugar: 2 grams

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