

Chinese Shrimp Fried Rice

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-chinese-shrimp-fried-rice-recipe>

Ingredients:

- 2 cups cooked rice refrigerated overnight - loosen rice and break up clumps
- 100 grams shrimps shelled and deveined
- 3 cloves garlic minced
- 3 shallots sliced finely
- 2 eggs add 1 tsp of light soy sauce and whisk
- 1/2 cup mixed vegetables
- 4 stalks spring onions chopped
- 2 tablespoons cooking oil
- 1 tablespoon sesame oil
- 1 teaspoon light soy sauce
- 1/2 teaspoon salt

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 290 milligrams
4. Fat: 27 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 920 milligrams
9. Sugar: 1 grams

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