

Chinese Vegetarian Fried Rice

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-vegetarian-recipe>

Ingredients:

- 2 cups cooked rice
- 2 teaspoons oil
- 6 pods garlic finely chopped
- 1 teaspoon msg
- 5 spring onions chopped
- 3 mushrooms chopped
- 1 carrot chopped
- 1/3 cup green peas
- 1 cup bell peppers green and red chopped
- 2 tablespoons dark soy sauce
- 2 tablespoons sauce scheszwan
- salt as per taste

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 10 grams
3. Fat: 2.5 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 1280 milligrams
7. Sugar: 4 grams

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