

Veg Fried Rice

Yield: 2 min
Total Time: 50 min

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

Ingredients:

- 1 cup rice Long Grained
- 1/2 cup spring onion Whites, chopped
- 1/4 cup carrots finely chopped
- 1/4 cup cabbage shredded
- 1/4 cup capsicum / Bell Peppers, Green/ Red/ Yellow
- 1/4 cup peas Matar/
- 1/2 tablespoon garlic minced, 3-4 cloves
- 1/2 tablespoon ginger minced
- 1 teaspoon soy sauce
- 1 teaspoon vinegar
- 1/2 teaspoon black pepper Powder
- 1/2 teaspoon chilli powder optional
- 1 teaspoon salt or to taste
- oil for cooking

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 28 grams
3. Fat: 8 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1080 milligrams
8. Sugar: 2 grams

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