

# Vegetable Fried Rice, Easy Fried Rice

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 1 rice Cup Basmati Rice, 160 ml approx
- 2 tablespoons peanut oil
- 10 cloves garlic finely minced
- 1 inch ginger piece, finely minced
- 2 cups veggies finely chopped, cabbage, carrot, beans
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon white pepper powder
- 3 stalks spring onions / scallions, finely chopped

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 7 grams
3. Fat: 8 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 680 milligrams
8. Sugar: 2 grams

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