

Yang Chow Fried Rice

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-yang-chow-rice-recipe>

Ingredients:

- 6 cups cooked white rice refrigerated overnight
- 1 cup barbecued pork chopped
- 1 1/2 tablespoons soy sauce
- 2 teaspoons salt
- 10 pieces shrimps shelled and deveined
- 3/4 cup green peas
- 1/4 cup green onion chopped
- 2 pieces eggs beaten
- 1 teaspoon sugar
- 1 teaspoon ginger minced
- 1 teaspoon garlic minced
- 3 tablespoons cooking oil

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. Sodium: 1030 milligrams
8. Sugar: 2 grams

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