

Easy Shrimp Fried Rice

SuccessRice.com

Servings: 4

1 bag Success Jasmine, White or Brown rice
1 tablespoon vegetable oil, divided
2 eggs, lightly beaten
1 cup snow peas, sliced
1 cup red bell pepper, chopped
8 ounces cooked medium shrimp, peeled and deveined
1/2 cup frozen peas, thawed
1/4 cup green onion, sliced
2 tablespoons soy sauce

Prepare the rice according to package directions.

In a large wok or skillet, heat one teaspoon of oil over medium heat. Add the egg and quickly scramble until the egg is cooked. Remove from the wok and set aside.

Heat the remaining oil in the wok over medium-high heat. Add the snow peas and bell pepper. Stir fry for 2 minutes. Add the shrimp, peas, green onion, soy sauce and rice. Stir fry 2 more minutes. Fold in the reserved egg.

Per Serving (excluding unknown items): 104 Calories; 6g Fat (51.5% calories from fat); 5g Protein; 7g Carbohydrate; 2g Dietary Fiber; 106mg Cholesterol; 572mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	104
% Calories from Fat:	51.5%
% Calories from Carbohydrates:	28.1%
% Calories from Protein:	20.4%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	106mg
Carbohydrate (g):	7g
Dietary Fiber (g):	2g
Protein (g):	5g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	42mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2

Sodium (mg): 572mg
Potassium (mg): 190mg
Calcium (mg): 33mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 84mg
Vitamin A (i.u.): 2418IU
Vitamin A (r.e.): 264 1/2RE

Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 104 Calories from Fat: 54

% Daily Values*

Total Fat	6g	9%
Saturated Fat	1g	6%
Cholesterol	106mg	35%
Sodium	572mg	24%
Total Carbohydrates	7g	2%
Dietary Fiber	2g	9%
Protein	5g	

Vitamin A	48%
Vitamin C	141%
Calcium	3%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.