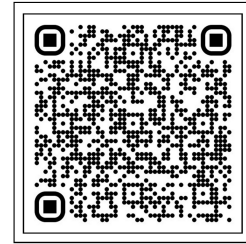




Cornell University
Cooperative Extension
New York City



Fried Rice

Ingredients:

- 2 eggs
- 1½ tablespoons vegetable oil
- 1 small onion, finely chopped
- ½ cup celery or green pepper, finely chopped
- 4 cups cold cooked rice
- 2 tablespoons light soy sauce

Instructions:

1. Beat the eggs in a small bowl. Heat ½ tablespoon of the oil in a frying pan. Cook the eggs in the pan, breaking them into small pieces with a fork. Place in a clean bowl for later use.
2. Cook onions, celery or green pepper in 1 tablespoon of hot oil for 2 minutes.
3. Add cooked rice, the scrambled egg pieces, soy sauce and cooked diced ham, shrimp, or chicken if desired. Mix well. Cook over a low flame.

Yields about 4 servings (1 cup each)

Nutrition Facts

servings per container
Serving size 1 cup (223g)

Amount per serving
Calories **260**

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 480mg	21%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 42mg	4%
Iron 1mg	6%
Potassium 182mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Cornell University Cooperative Extension in New York City



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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