



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Shrimp Un-Fried Rice ♦

Shrimp Un-Fried Rice is a delicious and healthier alternative to traditional fried rice. It is made with shrimp, vegetables, and a flavorful sauce. This dish is perfect for a quick and easy weeknight meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Shrimp
400 g	cooked rice
150 g	frozen peas and carrots
2 pieces	Eggs
4 tbsp	soy sauce

2 tsp	sesame oil
2 cloves	garlic
1 tsp	Ginger
4 pieces	scallions
2 tbsp	vegetable oil

Directions

Step 1

Stove

In a large skillet, heat vegetable oil over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add garlic, ginger, and scallions. Cook until fragrant.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Stove

Add shrimp and cook until pink and cooked through.

Prep Time: 2 mins

Cook Time: 4 mins

Step 4

Stove

Push shrimp to one side of the skillet. Add beaten eggs to the other side and scramble until cooked.

Prep Time: 2 mins

Cook Time: 2 mins

Step 5

Stove

Add frozen peas and carrots and cook until heated through.

Prep Time: 2 mins

Cook Time: 2 mins

Step 6

Stove

Add cooked rice, soy sauce, and sesame oil. Stir to combine and cook for an additional 2-3 minutes.

Prep Time: 2 mins

Cook Time: 3 mins

Step 7

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 6 g

Protein: 18 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Protein	18 g	105.88%	105.88%
---------	------	---------	---------

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com