



## Fried Rice

 **Gluten Free**  **Dairy Free**

READY IN



27 min.

SERVINGS



6

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 pound forest ham diced shredded black cubed cooked
- 6 ounces medley corn frozen
- 4 large eggs lightly beaten
- 2 inch ginger fresh peeled finely chopped
- 3 cloves garlic finely chopped
- 4 cups jasmine rice long-grain white cold separated cooked
- 1 onion diced
- 6 servings salt and pepper

- 3 scallions whole white green separated thinly sliced
- 0.3 cup vegetable oil plain

## Equipment

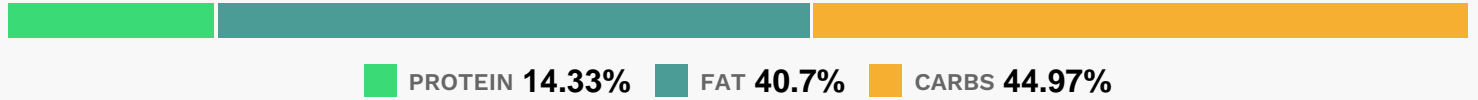
- bowl
- frying pan
- wooden spoon
- spatula

## Directions

- Watch how to make this recipe.
- Heat a large heavy-bottomed nonstick skillet over high heat. When hot add 1 tablespoon of the oil.
- Add the ham and cook stirring occasionally until lightly browned.
- Add the onions to the pan, season with salt and pepper, and cook for 1 to 2 minutes until onion is fragrant
- Add the garlic, ginger, and scallion whites and stir-fry until fragrant, about 30 seconds.
- Add the frozen vegetables. Cook until just defrosted but still crisp.
- Transfer contents of the skillet to a large bowl.
- Return the pan to the heat and add 2 more tablespoons of oil.
- Add the eggs and season with salt and pepper. Stir the eggs constantly and cook until almost set but still moist, then transfer egg to the bowl. Break the eggs up with a wooden spoon or spatula.
- Return the pan to the heat and add the remaining oil.
- Add the rice to the pan and use a spoon to break up any clumps. Season with salt and pepper and stir-fry the rice to coat evenly with oil. Stop stirring, and then let the rice cook undisturbed until its gets slightly crispy, about 2 minutes. Stir the rice again, breaking up any new clumps.
- Add the scallion greens.
- Transfer to the bowl. Stir all the ingredients together with the rice, taste and adjust the seasoning with salt and pepper, if necessary.

Serve.

## Nutrition Facts



### Properties

Glycemic Index:35.5, Glycemic Load:32.55, Inflammation Score:-4, Nutrition Score:10.453043460846%

### Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

### Nutrients (% of daily need)

Calories: 359.76kcal (17.99%), Fat: 16.3g (25.08%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 40.54g (13.51%), Net Carbohydrates: 38.78g (14.1%), Sugar: 2.05g (2.27%), Cholesterol: 137.61mg (45.87%), Sodium: 506.91mg (22.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.83%), Vitamin K: 34.89µg (33.23%), Manganese: 0.62mg (30.77%), Selenium: 18.72µg (26.74%), Phosphorus: 146.58mg (14.66%), Vitamin B6: 0.25mg (12.67%), Vitamin B2: 0.2mg (11.95%), Vitamin B5: 1.05mg (10.46%), Vitamin E: 1.43mg (9.51%), Folate: 37.79µg (9.45%), Potassium: 297.28mg (8.49%), Iron: 1.48mg (8.2%), Zinc: 1.23mg (8.17%), Magnesium: 30.13mg (7.53%), Fiber: 1.76g (7.04%), Copper: 0.13mg (6.66%), Vitamin C: 5.11mg (6.19%), Vitamin B1: 0.08mg (5.26%), Vitamin B3: 1mg (5.02%), Vitamin B12: 0.3µg (4.94%), Vitamin A: 241.46IU (4.83%), Vitamin D: 0.67µg (4.44%), Calcium: 42.08mg (4.21%)