



Fried Rice with Canadian Bacon



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup baby peas frozen thawed
- ☐ 6 oz canadian bacon cut into 1/2-inch cubes (1 1/4 cups)
- ☐ 3 cups rice white cold cooked
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 2 cups mung bean sprouts fresh
- ☐ 3 tablespoons oyster sauce
- ☐ 3 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.3 teaspoon salt

- ☐ 1 bunch scallions chopped
- ☐ 0.3 teaspoon asian sesame oil
- ☐ 0.3 cup water

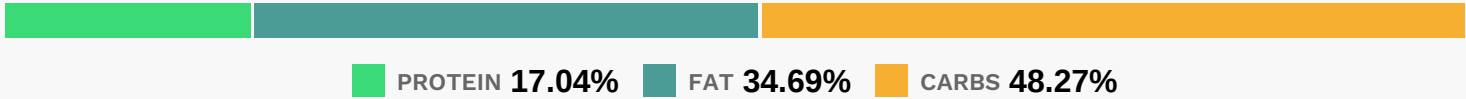
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat peanut oil in a wok or 12-inch heavy skillet over moderately high heat until smoking.
- ☐ Add ginger, 1/4 cup scallions, and salt and stir-fry 1 minute.
- ☐ Add rice and stir-fry until beginning to brown, 7 to 10 minutes.
- ☐ Add remaining ingredients (including scallions) and stir-fry until liquid is absorbed, about 2 minutes. Season with pepper.

Nutrition Facts



Properties

Glycemic Index:50.08, Glycemic Load:37.44, Inflammation Score:-6, Nutrition Score:16.74695655574%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 372.41kcal (18.62%), Fat: 14.36g (22.09%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 41.2g (14.98%), Sugar: 4.46g (4.96%), Cholesterol: 21.26mg (7.09%), Sodium: 906.58mg (39.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.73%), Manganese: 0.84mg (42.03%), Vitamin K: 38.68µg (36.84%), Vitamin B1: 0.49mg (32.58%), Selenium: 21.14µg (30.2%), Vitamin C: 22.68mg (27.49%), Phosphorus: 227.9mg (22.79%), Vitamin B3: 4.53mg (22.63%), Vitamin B6: 0.39mg (19.72%), Folate: 66.79µg (16.7%), Fiber: 3.74g (14.97%), Copper: 0.29mg (14.26%), Vitamin B2: 0.22mg (13.15%), Vitamin E: 1.93mg (12.87%), Zinc: 1.88mg (12.57%), Magnesium: 47.73mg (11.93%), Potassium: 392.09mg (11.2%), Vitamin B5: 0.93mg (9.32%), Iron: 1.67mg (9.28%), Vitamin D: 1.19µg (7.94%), Vitamin A: 348.05IU (6.96%), Vitamin B12: 0.34µg (5.67%),

Calcium: 40.81mg (4.08%)