

## Fried Rice with Ham

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

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**398 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup bean sprouts
- 4 cups rice cold cooked
- 4 eggs beaten
- 4 green onions chopped
- 0.5 teaspoon ground pepper black
- 1 cup ham cubed
- 1 cup peas-carrots mix shopping list mixed frozen
- 1 teaspoon salt

- 3 tablespoons soya sauce
- 2 tablespoons vegetable oil

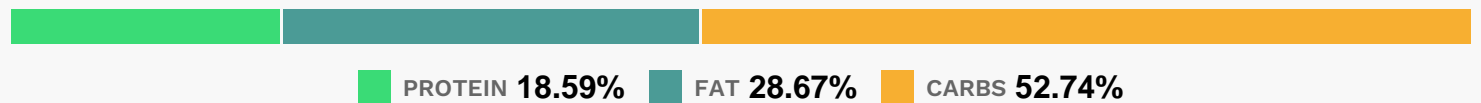
## Equipment

- frying pan

## Directions

- Heat the vegetable oil in a skillet over medium-high heat. Cook the green onions in the oil for 1 minute.
- Add the ham, eggs, and the peas and carrot blend to the oil. Cook and stir until the egg is completely cooked.
- Add the rice and bean sprouts to the egg mixture and stir continually until the rice is heated completely through.
- Remove from heat; season with salt, pepper, and soy sauce.

## Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:48.13, Inflammation Score:-9, Nutrition Score:18.199130638786%

## Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 397.88kcal (19.89%), Fat: 12.7g (19.54%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 52.57g (17.52%), Net Carbohydrates: 49.8g (18.11%), Sugar: 2.33g (2.59%), Cholesterol: 178.95mg (59.65%), Sodium: 1802.24mg (78.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.53g (37.05%), Vitamin A: 3688.02IU (73.76%), Manganese: 1.01mg (50.46%), Vitamin K: 46.47µg (44.25%), Selenium: 26.13µg (37.33%), Phosphorus: 212.49mg (21.25%), Vitamin B2: 0.31mg (18.4%), Folate: 64.03µg (16.01%), Vitamin B6: 0.31mg (15.75%), Vitamin B5: 1.52mg (15.22%), Iron: 2.42mg (13.43%), Copper: 0.25mg (12.32%), Vitamin C: 9.61mg (11.65%), Zinc: 1.74mg (11.6%), Fiber: 2.77g (11.09%), Magnesium: 44.24mg (11.06%), Vitamin B1: 0.15mg (10.16%), Vitamin B3: 1.95mg (9.77%), Potassium: 287.84mg (8.22%), Vitamin E: 1.18mg (7.84%), Calcium: 66.08mg (6.61%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)