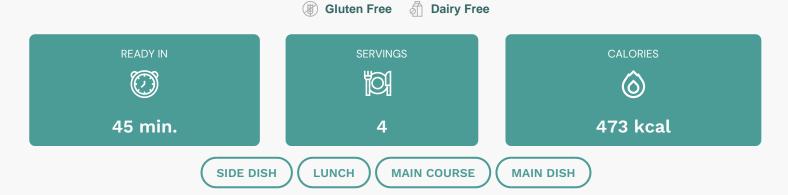


Fried Rice with Ham and Asparagus



Ingredients

- 1 pound asparagus trimmed cut into 1-inch pieces
- 4 cups rice white cold cooked
- 5 ounces deli honey ham cut into 1/4-inch pieces
- 3 large eggs lightly beaten
- 2 garlic clove finely chopped
- 4 servings salt
- 5 spring onion finely chopped
- 3 tablespoons soya sauce

Equipment

- bowl frying pan sauce pan

Directions

spatula

Nutrition Facts
Serve immediately.
Add rice and soy sauce and cook, stirring, until rice is coated and very hot, 3 to 4 minutes. Stir in asparagus, eggs and scallions and cook another minute.
Add remaining 2 Tbsp. oil to skillet with ham and garlic and cook, stirring, until garlic is fragrant.
Add eggs and cook without stirring until set around the edges, about 30 seconds. Break eggs into pieces with a spatula and stir until fully cooked and set, about 1 minute longer. Scrape eggs into a bowl.
Warm 1 Tbsp. oil in a large skillet over medium-high heat.
Drain; set aside.
Add asparagus; cook until just tender, 2 minutes.
Bring a medium saucepan of salted water to boil.

PROTEIN 17.69% 📕 FAT 38.72% 📒 CARBS 43.59%

Properties

Glycemic Index:54.5, Glycemic Load:48.94, Inflammation Score:-8, Nutrition Score:24.004782573037%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 17.48mg, Que

Nutrients (% of daily need)

Calories: 473.12kcal (23.66%), Fat: 20.34g (31.29%), Saturated Fat: 5.02g (31.39%), Carbohydrates: 51.53g (17.18%), Net Carbohydrates: 47.99g (17.45%), Sugar: 2.94g (3.27%), Cholesterol: 161.47mg (53.82%), Sodium: 1428.29mg (62.1%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 20.9g (41.8%), Vitamin K: 97.12µg (92.49%), Manganese: 1.06mg (52.87%), Selenium: 34.43µg (49.18%), Phosphorus: 302.39mg (30.24%), Vitamin B1: 0.44mg (29.4%), Vitamin B2: 0.46mg (27.31%), Vitamin B6: 0.5mg (25.16%), Vitamin A: 1209.47IU (24.19%), Iron: 4.28mg (23.78%), Folate: 94.47µg (23.62%), Copper: 0.42mg (20.75%), Vitamin B3: 3.97mg (19.86%), Zinc: 2.83mg (18.85%), Vitamin E: 2.78mg (18.56%), Vitamin B5: 1.73mg (17.35%), Potassium: 513.54mg (14.67%), Fiber: 3.54g (14.17%), Magnesium: 54.85mg (13.71%), Vitamin C: 9.64mg (11.68%), Vitamin B12: 0.56µg (9.34%), Calcium: 82.83mg (8.28%), Vitamin D: 1µg (6.65%)