



 **16%**
HEALTH SCORE

Fried Rice with Ham and Asparagus

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

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

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

3 tablespoons vegetable oil

Equipment

bowl

frying pan

sauce pan

spatula

Directions

Bring a medium saucepan of salted water to boil.

Add asparagus; cook until just tender, 2 minutes.

Drain; set aside.

Warm 1 Tbsp. oil in a large skillet over medium-high heat.

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.

Add remaining 2 Tbsp. oil to skillet with ham and garlic and cook, stirring, until garlic is fragrant.

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.

Serve immediately.

Nutrition Facts



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, Kaempferol: 1.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.48mg, Quercetin: 17.48mg, Quercetin: 17.48mg, Quercetin: 17.48mg

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: 0g (100%), Alcohol %: 0% (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%)