



Fried Rice with Pineapple and Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



271 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bell pepper red ()
- ☐ 4 cups brown rice long-grain chilled cooked
- ☐ 1 tablespoon roasted peanuts unsalted chopped
- ☐ 0.3 cup cilantro leaves fresh divided chopped
- ☐ 0.8 cup spring onion thinly sliced
- ☐ 1 cup peas green shelled
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 2 tablespoons roasted peanuts divided

- ☐ 15.3 ounce pineapple chunks drained canned
- ☐ 0.3 teaspoon salt
- ☐ 0.3 pound snow peas trimmed cut lengthwise into thin strips
- ☐ 14 ounce tofu firm drained cut into 1/2-inch cubes

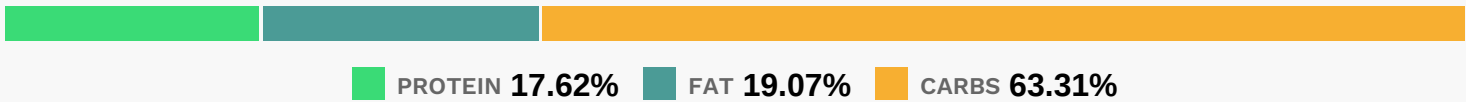
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place tofu between paper towels until barely moist.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet or stir-fry pan over medium-high heat.
- ☐ Add tofu, and cook 8 minutes or until golden.
- ☐ Sprinkle with salt.
- ☐ Remove tofu from pan.
- ☐ Heat 1 tablespoon oil in pan over medium-high heat.
- ☐ Add bell pepper and onions, and saut 2 minutes.
- ☐ Add peas, and saut 30 seconds. Stir in rice, and cook 2 minutes.
- ☐ Add tofu, 2 tablespoons cilantro, and pineapple; cook 1 minute, stirring gently.
- ☐ Remove from heat. Stir in soy sauce and peanuts.
- ☐ Sprinkle with 2 tablespoons cilantro.

Nutrition Facts



Properties

Glycemic Index:22.19, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:17.889565125756%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 271.05kcal (13.55%), Fat: 5.9g (9.07%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 44.05g (14.68%), Net Carbohydrates: 38g (13.82%), Sugar: 12.38g (13.76%), Cholesterol: 0mg (0%), Sodium: 442.44mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.51%), Manganese: 1.32mg (65.8%), Vitamin C: 53.23mg (64.52%), Vitamin K: 35.28µg (33.6%), Fiber: 6.05g (24.2%), Vitamin A: 1177.27IU (23.55%), Magnesium: 86.23mg (21.56%), Vitamin B1: 0.28mg (18.96%), Vitamin B6: 0.36mg (18.18%), Selenium: 12.11µg (17.3%), Vitamin B3: 3.42mg (17.11%), Phosphorus: 169.24mg (16.92%), Copper: 0.27mg (13.67%), Iron: 2.44mg (13.58%), Folate: 54.22µg (13.56%), Calcium: 120.7mg (12.07%), Potassium: 350.23mg (10.01%), Zinc: 1.32mg (8.8%), Vitamin B2: 0.13mg (7.9%), Vitamin B5: 0.63mg (6.28%), Vitamin E: 0.58mg (3.89%)