



Fried Rice with Pineapple, Shrimp & Ham

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

READY IN



30 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups rice leftover chilled cooked
- 6 oz oscar mayer baked ham cooked chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian divided kraft
- 1 large onion chopped
- 1 cup peas frozen thawed
- 1.5 cups pineapple fresh chopped
- 0.3 cup planters roasted peanuts dry chopped
- 2 serrano chiles seeded sliced

1.5 lb shrimp deveined uncooked peeled

3 Tbsp soya sauce

Equipment

frying pan

Directions

Heat 1 Tbsp. dressing in large skillet on medium-high heat.

Add onions, ham and chiles; cook and stir 3 to 4 min. Push mixture to edge of skillet.

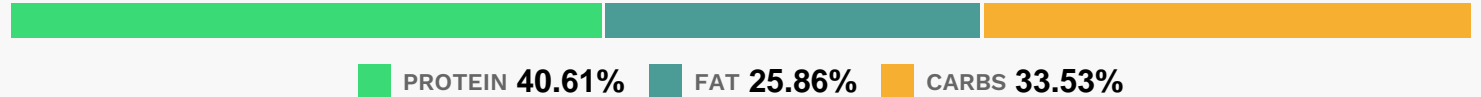
Add half of the shrimp to skillet, cook and stir 3 to 4 min. Push to the edge of skillet.

Add remaining shrimp; cook and stir 3 to 4 min.

Add pineapple, peas, remaining dressing, rice and soy sauce; mix well.

Cook 4 to 6 min. or until shrimp turn pink and mixture is heated through, stirring constantly. Stir in nuts; serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:20.29, Inflammation Score:-5, Nutrition Score:16.06956518733%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 338.43kcal (16.92%), Fat: 9.81g (15.09%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 25.35g (9.22%), Sugar: 7.58g (8.43%), Cholesterol: 200.15mg (66.72%), Sodium: 1051.82mg (45.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.66g (69.32%), Manganese: 0.98mg (49.2%), Phosphorus: 398.56mg (39.86%), Vitamin C: 32.15mg (38.97%), Copper: 0.64mg (32.17%), Magnesium: 82.23mg (20.56%), Vitamin B1: 0.31mg (20.41%), Zinc: 3.05mg (20.32%), Vitamin B3: 3.51mg (17.54%), Potassium: 608.23mg (17.38%), Selenium: 11.75µg (16.78%), Vitamin B6: 0.33mg (16.71%), Fiber: 3.26g (13.05%), Calcium: 103.26mg

(10.33%), Iron: 1.81mg (10.07%), Folate: 38.46µg (9.61%), Vitamin K: 9.36µg (8.92%), Vitamin B2: 0.15mg (8.76%),
Vitamin B5: 0.6mg (6.04%), Vitamin A: 229.8IU (4.6%), Vitamin E: 0.6mg (3.98%), Vitamin B12: 0.18µg (3.02%),
Vitamin D: 0.2µg (1.32%)