



## Fried Rice with Pineapple, Shrimp & Ham

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

READY IN



**30 min.**

SERVINGS



**30**

CALORIES



**68 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### 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

 **PROTEIN 40.61%** **FAT 25.86%** **CARBS 33.53%**

## Properties

Glycemic Index:8.47, Glycemic Load:4.06, Inflammation Score:-1, Nutrition Score:3.2130434513092%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

## Nutrients (% of daily need)

Calories: 67.69kcal (3.38%), Fat: 1.96g (3.02%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 5.07g (1.84%), Sugar: 1.52g (1.69%), Cholesterol: 40.03mg (13.34%), Sodium: 210.36mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Manganese: 0.2mg (9.84%), Phosphorus: 79.71mg (7.97%), Vitamin C: 6.43mg (7.79%), Copper: 0.13mg (6.43%), Magnesium: 16.45mg (4.11%), Vitamin B1: 0.06mg (4.08%), Zinc: 0.61mg (4.06%), Vitamin B3: 0.7mg (3.51%), Potassium: 121.65mg (3.48%), Selenium: 2.35µg (3.36%), Vitamin B6: 0.07mg (3.34%), Fiber: 0.65g (2.61%), Calcium: 20.65mg (2.07%), Iron: 0.36mg (2.01%), Folate: 7.69µg (1.92%), Vitamin K: 1.87µg (1.78%), Vitamin B2: 0.03mg (1.75%), Vitamin B5: 0.12mg (1.21%)