



Fried Rice with Smoked Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup baby corns whole
- ☐ 7 cups rice white cooked
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 large eggs lightly beaten
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.5 pound julienne-cut ham smoked lean
- ☐ 0.3 cup soya sauce low-sodium

- ☐ 2 tablespoons oil divided
- ☐ 6 cups onion vertically sliced (2 large onions)
- ☐ 1 cup peas green frozen thawed
- ☐ 0.3 teaspoon salt

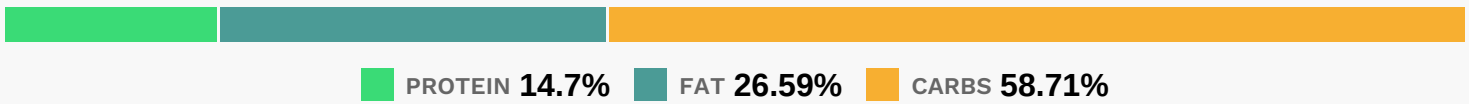
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat 1 tablespoon of oil in a stir-fry pan or a wok over medium heat.
- ☐ Add egg; stir-fry 30 seconds or until egg is done.
- ☐ Remove egg mixture from skillet.
- ☐ Add 1 tablespoon oil to pan.
- ☐ Add onion; stir-fry 3 minutes.
- ☐ Add garlic; stir-fry 1 minute. Increase heat to medium-high; add ham, and stir-fry 3 minutes.
- ☐ Add rice, peas, and corn; stir-fry 3 minutes.
- ☐ Add egg mixture, soy sauce, sesame oil, salt, and pepper; stir-fry 1 minute or until thoroughly heated.
- ☐ Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:44.31, Glycemic Load:62.27, Inflammation Score:-8, Nutrition Score:18.223478296529%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg

Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 32.5mg, Quercetin: 32.5mg, Quercetin: 32.5mg, Quercetin: 32.5mg

Nutrients (% of daily need)

Calories: 516.65kcal (25.83%), Fat: 15.26g (23.47%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 75.76g (25.25%), Net Carbohydrates: 70.31g (25.57%), Sugar: 9.29g (10.32%), Cholesterol: 54.44mg (18.15%), Sodium: 949.74mg (41.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.98g (37.95%), Manganese: 1.28mg (64.18%), Selenium: 26.44µg (37.77%), Vitamin B6: 0.62mg (31.03%), Vitamin B1: 0.43mg (28.73%), Phosphorus: 284.51mg (28.45%), Vitamin C: 22.98mg (27.86%), Fiber: 5.45g (21.81%), Vitamin B3: 3.6mg (18%), Zinc: 2.69mg (17.9%), Magnesium: 67.35mg (16.84%), Folate: 66.19µg (16.55%), Potassium: 563.6mg (16.1%), Vitamin B2: 0.26mg (15.25%), Vitamin B5: 1.45mg (14.46%), Copper: 0.29mg (14.44%), Iron: 1.8mg (10.01%), Vitamin K: 10.4µg (9.91%), Vitamin E: 1.27mg (8.49%), Calcium: 74.49mg (7.45%), Vitamin A: 287.96IU (5.76%), Vitamin B12: 0.32µg (5.27%), Vitamin D: 0.43µg (2.88%)