



Ginger Pineapple Fried Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



10

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 teaspoons kosher salt
- 0.8 cup pineapple fresh diced cored peeled () (labeled "extra sweet")
- 5 spring onion white green separated finely chopped (and pale parts from greens)
- 1 teaspoon sesame oil
- 0.3 cup vegetable oil
- 3.3 cups water
- 2.5 cups rice long-grain white

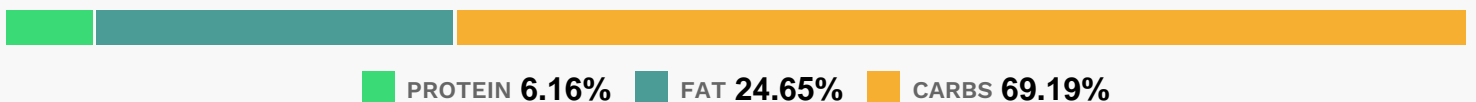
Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- baking pan
- wok
- microwave
- colander

Directions

- Rinse rice in several changes of cold water in a large bowl until water runs clear.
- Drain in a colander.
- Transfer rice to a 4-quart heavy saucepan, then add water (3 1/3 cups) and bring to a boil. Reduce heat to low and cook, covered, until steam holes appear on surface and water is absorbed, about 13 minutes.
- Remove from heat and let stand, tightly covered and undisturbed, 5 minutes. Fluff rice with a fork and spread in a large shallow baking pan to cool quickly, about 45 minutes. Chill, covered with plastic wrap, at least 4 hours.
- Heat a wok or 12-inch heavy skillet over moderate heat until a drop of water vaporizes instantly.
- Pour oil around side of wok, then tilt wok to swirl oil, coating side. When oil just begins to smoke, stir-fry ginger, white and pale green parts of scallions, and salt until fragrant, about 1 minute. Crumble rice into wok and stir-fry until lightly browned, 10 to 12 minutes.
- Remove from heat, then add scallion greens, pineapple, and sesame oil, tossing to combine. Season with salt.
- Plain rice can be chilled up to 1 day.·Fried rice can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat rice in a microwave.

Nutrition Facts



Properties

Glycemic Index:15.19, Glycemic Load:23.2, Inflammation Score:-2, Nutrition Score:5.5826086790665%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 228.63kcal (11.43%), Fat: 6.18g (9.51%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 38.11g (13.86%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 356.16mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.95%), Manganese: 0.63mg (31.42%), Vitamin K: 22.63µg (21.55%), Selenium: 7.03µg (10.05%), Vitamin C: 7.04mg (8.54%), Copper: 0.13mg (6.66%), Phosphorus: 56.4mg (5.64%), Vitamin B5: 0.5mg (5%), Vitamin B6: 0.09mg (4.67%), Vitamin B3: 0.83mg (4.17%), Magnesium: 15.05mg (3.76%), Fiber: 0.93g (3.72%), Zinc: 0.55mg (3.67%), Vitamin E: 0.54mg (3.59%), Vitamin B1: 0.05mg (3.03%), Iron: 0.5mg (2.77%), Folate: 9.77µg (2.44%), Potassium: 83.31mg (2.38%), Calcium: 21.46mg (2.15%), Vitamin B2: 0.03mg (1.85%), Vitamin A: 67IU (1.34%)