



Ginger Pineapple Fried Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 cups rice raw leftover cooked (from 2 cups of rice)
- ☐ 3 Tbsp cooking oil
- ☐ 3 tablespoons ginger fresh finely minced peeled
- ☐ 5 green onions dark light separated thinly sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 cup pineapple fresh diced () (see How to Cut Pineapple)
- ☐ 2 teaspoons soya sauce gluten-free (use soy sauce if cooking)
- ☐ 1 teaspoon sesame oil toasted

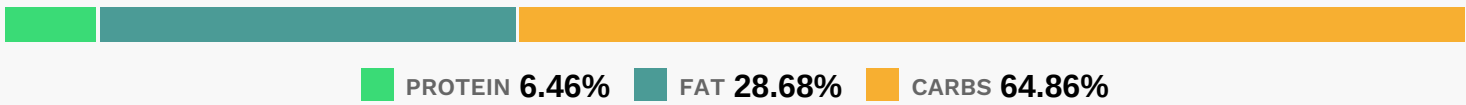
Equipment

☐ frying pan

Directions

- ☐ Sauté onions and ginger:
- ☐ Heat a large sauté pan on medium high heat. Swirl in a tablespoon of oil to coat the pan.
- ☐ When the oil is shimmering hot, add the ginger and the white and pale greens parts of the green onions.
- ☐ Sprinkle with salt and stir fry until fragrant, about a minute.
- ☐ Brown the rice:
- ☐ Add the remaining 2 tablespoons of oil to the pan. When the oil is hot, add the cooked, leftover rice to the pan, breaking it up with your fingers as you sprinkle it into the pan.
- ☐ Let the rice fry in the pan without moving it for a minute or two, until it starts to brown. Then stir it so that it turns over in the pan, and let it cook for a minute or two more.
- ☐ Remove the pan from the heat and stir in the chopped pineapple, sliced green onion greens, soy sauce, and sesame oil.
- ☐ Add salt to taste and serve.

Nutrition Facts



Properties

Glycemic Index:57.42, Glycemic Load:62.28, Inflammation Score:-4, Nutrition Score:11.40565221206%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 384.68kcal (19.23%), Fat: 12.16g (18.71%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 61.89g (20.63%), Net Carbohydrates: 60.15g (21.87%), Sugar: 3.64g (4.04%), Cholesterol: 0mg (0%), Sodium: 463.63mg (20.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Manganese: 1.27mg (63.54%), Vitamin K: 34µg

(32.38%), Vitamin E: 3.59mg (23.91%), Vitamin C: 17.87mg (21.66%), Selenium: 14.99µg (21.42%), Vitamin B6: 0.24mg (12.09%), Copper: 0.2mg (9.94%), Phosphorus: 98.64mg (9.86%), Vitamin B5: 0.87mg (8.69%), Magnesium: 33.88mg (8.47%), Zinc: 1.09mg (7.3%), Fiber: 1.74g (6.97%), Vitamin B3: 1.18mg (5.91%), Folate: 22.21µg (5.55%), Vitamin B1: 0.08mg (5.02%), Potassium: 172.45mg (4.93%), Iron: 0.82mg (4.55%), Calcium: 36.19mg (3.62%), Vitamin A: 167.49IU (3.35%), Vitamin B2: 0.05mg (3.17%)