



Ham Fried Rice



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 slices bacon
- ☐ 1 rib celery chopped
- ☐ 1.5 cups ham cooked chopped
- ☐ 3.5 cups rice cooked
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 1 large garlic clove minced
- ☐ 3 green onions chopped

- ☐ 1 bell pepper green red chopped
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.3 cup soya sauce

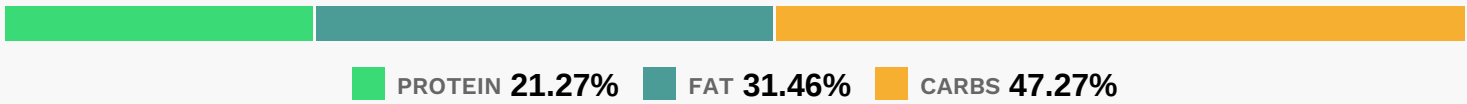
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wok

Directions

- ☐ Cook bacon slices in a large skillet or wok at medium-high heat until crisp.
- ☐ Remove bacon slices, and drain on paper towels, reserving drippings in skillet. Crumble bacon, and set aside.
- ☐ Add chopped ham to hot drippings in skillet, and stir-fry 3 minutes or until ham is lightly browned.
- ☐ Add bell pepper and next 5 ingredients, and stir-fry 5 minutes.
- ☐ Add rice, and stir-fry 3 minutes or until thoroughly heated.
- ☐ Push rice mixture to sides of skillet, forming a well in center.
- ☐ Pour eggs into well, and cook, stirring occasionally, until eggs are set. Stir rice mixture into eggs; stir in soy sauce and crumbled bacon. Spoon into serving bowls.
- ☐ *2 (5-ounce) bags quick-cooking long-grain rice, cooked, may be substituted for leftover rice.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:28.22, Inflammation Score:-4, Nutrition Score:11.384782542353%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 246.3kcal (12.31%), Fat: 8.47g (13.03%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 27.55g (10.02%), Sugar: 1.07g (1.18%), Cholesterol: 89.88mg (29.96%), Sodium: 968.58mg (42.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.78%), Selenium: 20.8µg (29.71%), Vitamin C: 23.99mg (29.07%), Manganese: 0.55mg (27.57%), Phosphorus: 197.9mg (19.79%), Vitamin B1: 0.23mg (15.56%), Vitamin B6: 0.3mg (15.06%), Vitamin K: 14.17µg (13.5%), Vitamin B3: 2.65mg (13.24%), Vitamin B2: 0.22mg (13.16%), Vitamin B5: 1.11mg (11.08%), Zinc: 1.57mg (10.48%), Vitamin B12: 0.6µg (10.08%), Copper: 0.17mg (8.61%), Potassium: 259.31mg (7.41%), Magnesium: 28.47mg (7.12%), Iron: 1.23mg (6.81%), Vitamin A: 277.48IU (5.55%), Folate: 20.49µg (5.12%), Fiber: 1.09g (4.36%), Calcium: 30.79mg (3.08%), Vitamin E: 0.43mg (2.87%), Vitamin D: 0.39µg (2.62%)