



Island-Style Fried Rice



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 3 eggs beaten
- ☐ 0.5 cup green onion chopped
- ☐ 1.5 cups jasmine rice uncooked
- ☐ 12 ounce luncheon meat cubed fully cooked canned such as SPAM®
- ☐ 3 tablespoons oyster sauce
- ☐ 8 ounce pineapple chunks drained canned
- ☐ 0.5 cup pork sausage sweet chinese sliced lup cheong

☐ 3 cups water

Equipment

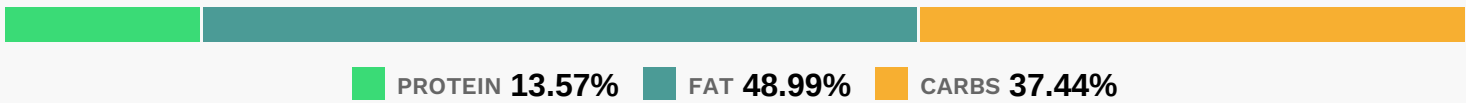
☐ frying pan

☐ sauce pan

Directions

- ☐ Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Let the rice cool completely.
- ☐ Heat 2 teaspoons of oil in a skillet over medium heat, and brown the luncheon meat and sausage. Set aside, and pour the beaten eggs into the hot skillet. Scramble the eggs, and set aside.
- ☐ Heat 2 tablespoons of oil in a large nonstick skillet over medium heat, and stir in the rice. Toss the rice with the hot oil until heated through and beginning to brown, about 2 minutes.
- ☐ Add the garlic powder, toss the rice for 1 more minute to develop the garlic taste, and stir in the luncheon meat, sausage, scrambled eggs, pineapple, and oyster sauce. Cook and stir until the oyster sauce coats the rice and other ingredients, 2 to 3 minutes, stir in the green onions, and serve.

Nutrition Facts



Properties

Glycemic Index:20.2, Glycemic Load:22.38, Inflammation Score:-3, Nutrition Score:13.100000029025%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 510kcal (25.5%), Fat: 27.46g (42.24%), Saturated Fat: 8.52g (53.27%), Carbohydrates: 47.22g (15.74%), Net Carbohydrates: 45.88g (16.68%), Sugar: 5.72g (6.36%), Cholesterol: 136.29mg (45.43%), Sodium: 1211.73mg

(52.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Selenium: 27.32µg (39.03%), Manganese: 0.53mg (26.42%), Phosphorus: 216.69mg (21.67%), Vitamin B1: 0.32mg (21.28%), Vitamin K: 21.03µg (20.03%), Vitamin B3: 3.97mg (19.84%), Vitamin B6: 0.33mg (16.6%), Vitamin B2: 0.27mg (16.05%), Zinc: 2.21mg (14.72%), Potassium: 439.07mg (12.54%), Copper: 0.24mg (11.95%), Vitamin B12: 0.66µg (10.92%), Vitamin E: 1.43mg (9.52%), Vitamin B5: 0.95mg (9.46%), Iron: 1.58mg (8.79%), Magnesium: 33.78mg (8.45%), Vitamin D: 1.04µg (6.91%), Vitamin C: 5.27mg (6.38%), Folate: 24.51µg (6.13%), Fiber: 1.34g (5.35%), Vitamin A: 235.57IU (4.71%), Calcium: 45.52mg (4.55%)