



## Lettuce Fried Rice with Easter Ham and Eggs



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.8 cup forest ham diced black
- ☐ 1 large head boston lettuce chopped
- ☐ 4 cups rice white cold cooked
- ☐ 3 large eggs lightly beaten
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 1 tbsp soya sauce
- ☐ 2 tablespoons vegetable oil divided

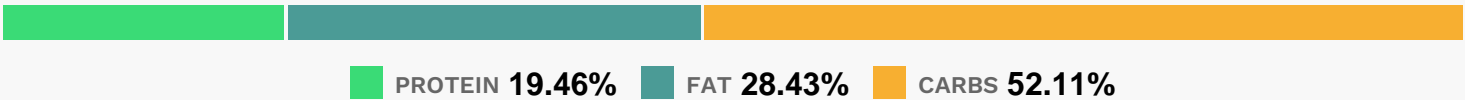
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Combine ginger and garlic. Put 1 tsp. of mixture in a 12-in. nonstick frying pan with 1 tbsp. oil and cook over medium-high heat until sizzling, about 2 minutes.
- ☐ Add eggs, then cook, stirring often, until set, 3 minutes; transfer from pan to a bowl.
- ☐ Put remaining ginger mixture in pan with ham and stir-fry until garlic is softened, about 2 minutes.
- ☐ Add remaining 1 tbsp. oil and the rice; cook, stirring often, until hot, 3 to 4 minutes.
- ☐ Add lettuce and cook, tossing gently, until wilted, about 2 minutes. Stir in eggs. Season with 1 tbsp. soy sauce and serve more at the table if you like.
- ☐ \*If you don't have leftover rice, pick some up at your market's prepared foods counter and spread it out on a rimmed pan to cool.

## Nutrition Facts



## Properties

Glycemic Index:42.25, Glycemic Load:48.04, Inflammation Score:-7, Nutrition Score:13.84304351392%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

## Nutrients (% of daily need)

Calories: 378.23kcal (18.91%), Fat: 11.72g (18.03%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 48.33g (16.11%), Net Carbohydrates: 47.15g (17.14%), Sugar: 2.31g (2.56%), Cholesterol: 163.45mg (54.48%), Sodium: 768.29mg (33.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.05g (36.1%), Vitamin K: 54.33µg (51.74%), Manganese: 0.88mg (44.04%), Selenium: 23.87µg (34.1%), Vitamin A: 1552.28IU (31.05%), Phosphorus: 164.38mg (16.44%), Vitamin B6: 0.27mg (13.73%), Vitamin B2: 0.23mg (13.31%), Folate: 53.16µg (13.29%), Vitamin B5: 1.28mg

(12.82%), Iron: 2.18mg (12.12%), Potassium: 353.59mg (10.1%), Zinc: 1.38mg (9.21%), Magnesium: 31.68mg (7.92%), Copper: 0.16mg (7.85%), Vitamin E: 1.09mg (7.28%), Vitamin B12: 0.33µg (5.56%), Calcium: 54.96mg (5.5%), Vitamin B1: 0.08mg (5.06%), Vitamin B3: 1.01mg (5.04%), Vitamin D: 0.75µg (5%), Fiber: 1.18g (4.73%), Vitamin C: 2.06mg (2.5%)