



Mom's Smoked Salmon Fried Rice

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons cooking oil divided
- 2 eggs beaten
- 1 green onion chopped
- 0.5 onion finely chopped
- 0.5 cup peas frozen
- 6 servings salt and pepper freshly ground to taste
- 4 ounces salmon smoked chopped
- 6 cups water

3 cups rice long grain white uncooked

Equipment

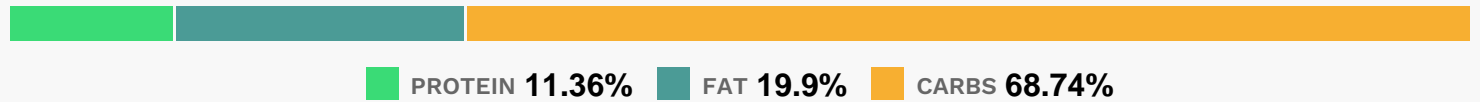
frying pan

sauce pan

Directions

- Pour the water into a saucepan, add the rice, and bring to a boil. Cover, reduce heat to low, and simmer until rice is tender and water is absorbed, about 20 minutes. Set aside.
- Meanwhile, place 2 tablespoons of cooking oil into a large skillet and heat over medium heat. Stir in the eggs and cook until scrambled to desired consistency.
- Remove eggs from the pan, and set aside.
- Using the same skillet, add the remaining 1 tablespoon oil, and heat over medium heat. Stir in the onion and green onion; cook until the onion is transparent, about 5 minutes. Stir in the salmon, rice, peas, and scrambled eggs, and toss until evenly blended. Cook and stir rice mixture until heated through. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27.42, Glycemic Load:45.2, Inflammation Score:-3, Nutrition Score:13.174347628718%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 456.69kcal (22.83%), Fat: 9.88g (15.2%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 76.8g (25.6%), Net Carbohydrates: 74.7g (27.16%), Sugar: 1.29g (1.43%), Cholesterol: 58.91mg (19.64%), Sodium: 380.54mg (16.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.38%), Manganese: 1.08mg (53.94%), Selenium: 24.87µg (35.53%), Vitamin D: 3.53µg (23.5%), Phosphorus: 182.86mg (18.29%), Copper: 0.32mg (16.1%), Vitamin B5: 1.35mg (13.53%), Vitamin B3: 2.66mg (13.28%), Vitamin B6: 0.26mg (13.09%), Vitamin B12: 0.75µg (12.44%), Vitamin E: 1.76mg (11.76%), Vitamin K: 12.32µg (11.73%), Zinc: 1.45mg (9.69%), Magnesium: 35.96mg (8.99%), Vitamin B2:

0.15mg (8.91%), Fiber: 2.1g (8.4%), Iron: 1.39mg (7.7%), Vitamin B1: 0.11mg (7.49%), Vitamin C: 5.89mg (7.14%), Folate: 25.55 μ g (6.39%), Potassium: 208.12mg (5.95%), Calcium: 49.98mg (5%), Vitamin A: 208.2IU (4.16%)