



HEALTH SCORE

68%

Neely's Pineapple Fried Rice



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



810 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



4 cups brown rice white



2 cloves garlic finely chopped



1 inch ginger peeled finely chopped



2 green onions plus more for garnish sliced



4 ounces ham steak finely chopped



1 onion chopped fine



1 tablespoon vegetable oil; peanut oil preferred



1 cup pineapple finely chopped

- ☐ 1 small bell pepper red finely chopped
- ☐ 1 teaspoon sesame oil toasted
- ☐ 2 tablespoons soya sauce

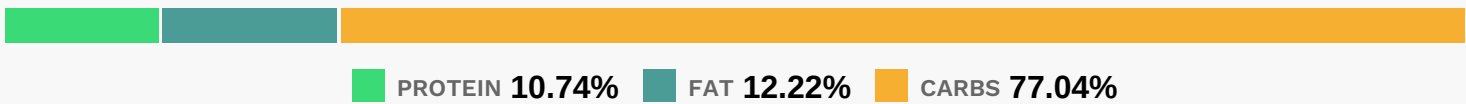
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Heat a large skillet over medium heat and add the peanut oil. When the oil shimmers, add the onion, garlic, ginger, and green onions.
- ☐ Saute until tender and golden, about 5 minutes. Stir in the red bell pepper and the ham steak and saute until the pepper starts to soften.
- ☐ Add the rice and pineapple and mix with a wooden spoon to break up any lumps. Stir-fry until lightly browned, about 5 minutes, stirring constantly.
- ☐ Mix in the sesame oil, and the soy sauce. Taste and season with salt, if necessary.
- ☐ Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:67.1, Glycemic Load:85.2, Inflammation Score:-9, Nutrition Score:32.288260833077%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 809.56kcal (40.48%), Fat: 10.97g (16.88%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 155.56g (51.85%), Net Carbohydrates: 147.37g (53.59%), Sugar: 6.34g (7.05%), Cholesterol: 12.76mg (4.25%), Sodium: 873.79mg (37.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.37%), Manganese: 7.64mg (382.22%), Magnesium: 292.93mg (73.23%), Vitamin B1: 1.08mg (71.92%), Vitamin C: 56.27mg (68.21%), Vitamin B6: 1.25mg (62.4%), Phosphorus: 608.2mg (60.82%), Vitamin B3: 10.46mg (52.28%), Fiber: 8.19g (32.75%), Vitamin B5: 3.24mg (32.44%), Copper: 0.63mg (31.69%), Zinc: 4.64mg (30.93%), Iron: 4.3mg (23.89%), Potassium: 774.4mg (22.13%), Folate: 65.99µg (16.5%), Vitamin A: 663.66IU (13.27%), Vitamin K: 13.91µg (13.25%), Vitamin B2: 0.2mg (11.5%), Calcium: 85.93mg (8.59%), Selenium: 4.92µg (7.04%), Vitamin E: 0.91mg (6.06%), Vitamin B12: 0.22µg (3.73%)