



Pineapple-and-Scallop Fried Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



612 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces bay scallops
- ☐ 0.5 tablespoon cilantro leaves fresh minced
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup pineapple coarsely chopped
- ☐ 0.3 teaspoon salt

- ☐ 3 cups short-grain rice cooked
- ☐ 1 tablespoon vegetable oil

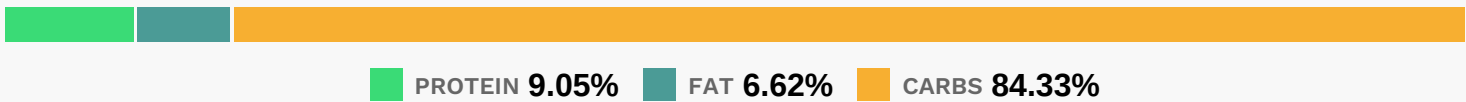
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add ginger and garlic; stir-fry 2 minutes or until lightly browned.
- ☐ Add scallops; stir-fry 3 minutes or until the scallops are done.
- ☐ Add rice, pineapple, juice, salt, and pepper; stir-fry 2 minutes or until thoroughly heated.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:62.42, Glycemic Load:96.94, Inflammation Score:-8, Nutrition Score:23.406956436841%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 612.03kcal (30.6%), Fat: 4.4g (6.77%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 126.18g (42.06%), Net Carbohydrates: 121.29g (44.11%), Sugar: 4.2g (4.67%), Cholesterol: 6.8mg (2.27%), Sodium: 258.95mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.55g (27.09%), Manganese: 1.99mg (99.44%), Folate: 359.5µg (89.88%), Vitamin B1: 0.89mg (59.11%), Selenium: 26.56µg (37.94%), Iron: 6.63mg (36.81%), Vitamin B3: 6.6mg (33.02%), Vitamin C: 21.74mg (26.35%), Phosphorus: 243.9mg (24.39%), Vitamin B5: 2.1mg (20.99%), Fiber: 4.89g (19.55%), Copper: 0.38mg (18.89%), Vitamin B6: 0.35mg (17.35%), Zinc: 1.98mg (13.23%), Magnesium: 47.27mg (11.82%), Potassium: 236.17mg (6.75%), Vitamin B12: 0.4µg (6.66%), Vitamin K: 6.93µg (6.6%), Vitamin B2: 0.09mg (5.45%), Vitamin E: 0.3mg (2%), Calcium: 15.46mg (1.55%)