

Mahatma[®]

CAROLINA[®]



Pineapple Fried Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 sprigs cilantro leaves chopped
- ☐ 6 servings cilantro leaves for garnish
- ☐ 2 tablespoons fish sauce
- ☐ 2 garlic cloves minced
- ☐ 3 green onions chopped
- ☐ 1 cup jasmine rice mahatma[®] carolina[®]
- ☐ 2 tablespoons soya sauce light
- ☐ 3 tablespoons oil divided

- ☐ 20 oz dole pineapple tidbits drained canned
- ☐ 1 large chile red finely chopped
- ☐ 2 cups shrimp fresh deveined cleaned
- ☐ 1 teaspoon sugar

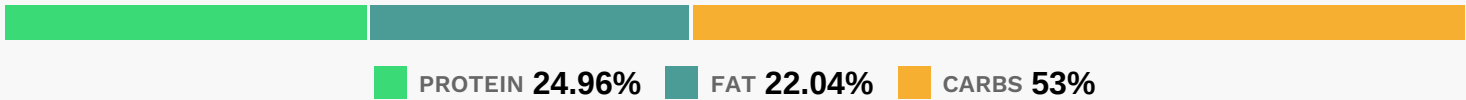
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare rice according to package directions and set aside. In a medium bowl, combine pineapple, onions, chile and cilantro; mix and set aside.
- ☐ Heat 1 tablespoon oil in skillet, saut shrimp until done.
- ☐ Remove shrimp from skillet. In same skillet, over medium heat, add remaining oil.
- ☐ Saute garlic until golden brown.
- ☐ Add cooked rice and stir.
- ☐ Add fish sauce, soy sauce, and sugar. Stir and heat thoroughly. Fold in pineapple mixture and shrimp.
- ☐ Heat through.

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:15.78, Inflammation Score:-4, Nutrition Score:10.574782546448%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 313.11kcal (15.66%), Fat: 7.77g (11.96%), Saturated Fat: 0.66g (4.16%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 40.05g (14.56%), Sugar: 15.06g (16.73%), Cholesterol: 126.97mg (42.32%), Sodium: 904.86mg (39.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.81g (39.61%), Vitamin C: 21.46mg (26.01%), Copper: 0.51mg (25.44%), Phosphorus: 226.62mg (22.66%), Manganese: 0.45mg (22.55%), Vitamin K: 22.92µg (21.83%), Magnesium: 65.87mg (16.47%), Potassium: 441.88mg (12.63%), Vitamin B6: 0.21mg (10.65%), Zinc: 1.59mg (10.57%), Vitamin E: 1.39mg (9.29%), Vitamin B1: 0.13mg (8.92%), Calcium: 86mg (8.6%), Selenium: 5.86µg (8.37%), Fiber: 2g (8%), Iron: 1.32mg (7.31%), Vitamin B3: 1.28mg (6.41%), Vitamin A: 261.01IU (5.22%), Folate: 17.68µg (4.42%), Vitamin B5: 0.37mg (3.75%), Vitamin B2: 0.06mg (3.64%)