



Pineapple rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 2 shallots chopped
- ☐ 2 garlic clove chopped
- ☐ 1 tsp curry powder
- ☐ 600 g rice cold cooked (basmati or jasmine would work best)
- ☐ 300 g pineapple chunks fresh cut into smaller pieces, reserving any juice
- ☐ 4 tbsp soya sauce
- ☐ 1 pinch sugar

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4 servings spring onion finely sliced chopped

Equipment

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frying pan

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wok

Directions

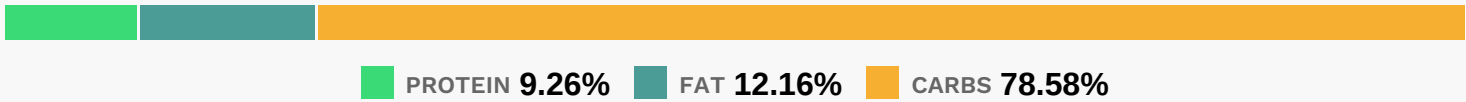
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Heat the oil in a wok or frying pan. Sizzle the shallots until tinged then add the garlic and stir-fry for 1 min. Then add the curry powder and rice, and stir-fry to separate the grains.

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Add the pineapple chunks and juice and season with the soy and sugar. Stir through the spring onions and coriander.

Nutrition Facts



Properties

Glycemic Index:72.77, Glycemic Load:46.45, Inflammation Score:-4, Nutrition Score:9.3482608380525%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 296.6kcal (14.83%), Fat: 4.02g (6.19%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 58.5g (19.5%), Net Carbohydrates: 56.03g (20.38%), Sugar: 12.48g (13.86%), Cholesterol: 0mg (0%), Sodium: 1010.71mg (43.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Manganese: 0.89mg (44.52%), Vitamin K: 19.82µg (18.88%), Selenium: 12.18µg (17.4%), Vitamin B6: 0.3mg (15.14%), Vitamin C: 9.7mg (11.76%), Copper: 0.23mg (11.63%), Phosphorus: 106.91mg (10.69%), Magnesium: 41.92mg (10.48%), Fiber: 2.47g (9.89%), Vitamin B1: 0.13mg (8.81%), Vitamin B3: 1.61mg (8.04%), Iron: 1.35mg (7.51%), Potassium: 255.71mg (7.31%), Vitamin B5: 0.7mg (7.02%), Zinc: 1mg (6.66%), Folate: 20.4µg (5.1%), Calcium: 44.65mg (4.47%), Vitamin B2: 0.07mg (4.29%), Vitamin E: 0.5mg (3.35%), Vitamin A: 102.89IU (2.06%)