



Pork-and-Pineapple Fried Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 0.3 cup cilantro leaves
- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.5 teaspoon garlic minced
- ☐ 4 ounces ground pork
- ☐ 1 tablespoon hoisin sauce
- ☐ 4 cups jasmine rice long-grain white cold cooked
- ☐ 0.3 cup soya sauce low-sodium

- ☐ 0.3 cup pineapple fresh diced finely
- ☐ 1 chile red hot minced seeded
- ☐ 1 tablespoon rice vinegar
- ☐ 15 ounces sausages chinese thinly sliced
- ☐ 3 scallions white green minced sliced

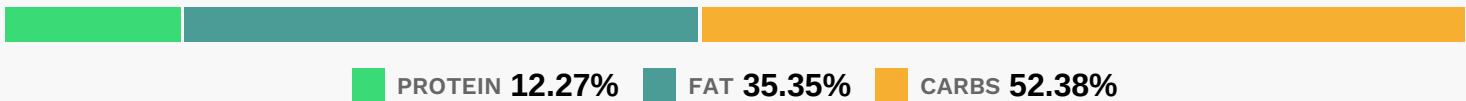
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ In a small bowl, whisk the soy sauce with the hoisin and vinegar.
- ☐ Heat a wok or large skillet.
- ☐ Add the oil and heat until smoking.
- ☐ Add the pork and Chinese sausages and cook over high heat, stirring, until the pork is lightly browned, about 2 minutes.
- ☐ Add the minced scallion whites, ginger, garlic and chile and cook until fragrant, about 1 minute.
- ☐ Add the rice, breaking up any lumps with your hands as you add it to the wok, and stir-fry until heated through and lightly browned in spots. Stir the hoisin-soy sauce, add it to the wok and stir-fry until nearly absorbed, about 2 minutes. Stir in the scallion greens, cilantro and pineapple.
- ☐ Transfer the fried rice to bowls and serve.

Nutrition Facts



Properties

Glycemic Index:11.73, Glycemic Load:12.04, Inflammation Score:-1, Nutrition Score:3.7982608364976%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 159.89kcal (7.99%), Fat: 6.16g (9.48%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 20.11g (7.31%), Sugar: 0.43g (0.48%), Cholesterol: 12.94mg (4.31%), Sodium: 179.09mg (7.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Manganese: 0.3mg (14.98%), Selenium: 4.7µg (6.72%), Vitamin B3: 1.29mg (6.46%), Phosphorus: 59.29mg (5.93%), Vitamin B1: 0.09mg (5.86%), Vitamin B6: 0.11mg (5.65%), Zinc: 0.69mg (4.6%), Vitamin K: 4.2µg (4%), Vitamin C: 3.23mg (3.91%), Vitamin B5: 0.39mg (3.86%), Copper: 0.07mg (3.62%), Magnesium: 11.37mg (2.84%), Vitamin B2: 0.05mg (2.8%), Potassium: 94mg (2.69%), Iron: 0.46mg (2.58%), Vitamin B12: 0.15µg (2.45%), Vitamin E: 0.33mg (2.2%), Fiber: 0.43g (1.73%), Vitamin D: 0.18µg (1.23%), Folate: 4.83µg (1.21%), Calcium: 11.02mg (1.1%)