



Shrimp-Pineapple Fried Rice



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoons ginger/garlic paste
- ☐ 3 cups rice long-grain cold cooked
- ☐ 1 tablespoon ginger fresh grated
- ☐ 3 garlic clove minced
- ☐ 5 spring onion finely chopped
- ☐ 2 cups pineapple chopped
- ☐ 2 teaspoons sesame oil
- ☐ 1 teaspoon sesame seed

- ☐ 1 pound shrimp deveined peeled
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil

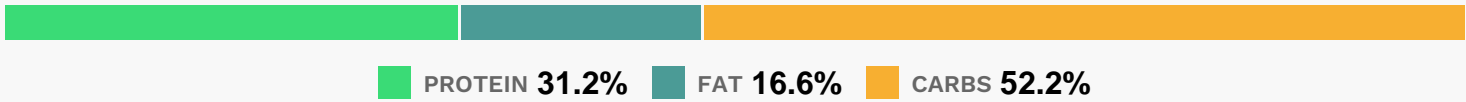
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat wok over high heat until a few drops of water evaporate immediately. Swirl sesame oil in pan to coat. (If using a nonstick skillet, heat oil over medium-high heat.)
- ☐ Add shrimp, and stir-fry 3 minutes or until done.
- ☐ Transfer to a large bowl; cover and keep warm.
- ☐ Heat stir-fry oil in wok over high heat (medium-high, if using a nonstick skillet).
- ☐ Add garlic and ginger; cook 30 seconds or until fragrant. Stir in pineapple and rice, and stir-fry 1 to 3 minutes or until heated through. Stir in green onions and cooked shrimp.
- ☐ Combine soy sauce and chili-garlic paste in a small bowl; stir into rice mixture.
- ☐ Sprinkle with sesame seeds, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:81.17, Glycemic Load:42.24, Inflammation Score:-5, Nutrition Score:16.714347870454%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 361.8kcal (18.09%), Fat: 6.73g (10.35%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 45.33g (16.49%), Sugar: 8.83g (9.81%), Cholesterol: 182.57mg (60.86%), Sodium: 894.34mg (38.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.93%), Manganese: 1.53mg (76.39%), Vitamin C: 43.43mg (52.65%), Vitamin K: 38.21µg (36.39%), Copper: 0.68mg (34.07%), Phosphorus: 332.42mg (33.24%), Magnesium: 75.59mg (18.9%), Zinc: 2.4mg (16.01%), Potassium: 524.43mg (14.98%), Vitamin B6: 0.29mg (14.45%), Selenium: 9.85µg (14.07%), Calcium: 120.14mg (12.01%), Iron: 1.75mg (9.74%), Fiber: 2.29g (9.18%), Folate: 31.22µg (7.8%), Vitamin B3: 1.56mg (7.79%), Vitamin B1: 0.12mg (7.77%), Vitamin B5: 0.72mg (7.25%), Vitamin B2: 0.08mg (4.71%), Vitamin A: 197.76IU (3.96%), Vitamin E: 0.46mg (3.07%)