



Thai Fried Rice with Pineapple and Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 slices bacon diced
- ☐ 4 ounces chicken breast cut into small cubes
- ☐ 2 tablespoons cilantro leaves whole
- ☐ 3 cups jasmine rice cooked
- ☐ 4 teaspoons curry powder divided
- ☐ 3 egg yolks beaten
- ☐ 2 teaspoons fish sauce
- ☐ 3 green onions finely chopped

- ☐ 0.3 cup pineapple fresh chopped
- ☐ 3 shallots sliced
- ☐ 1 tablespoon soya sauce
- ☐ 1 thai bird chile pepper red finely chopped
- ☐ 4 ounces tiger prawns deveined peeled
- ☐ 0.5 teaspoon sugar white

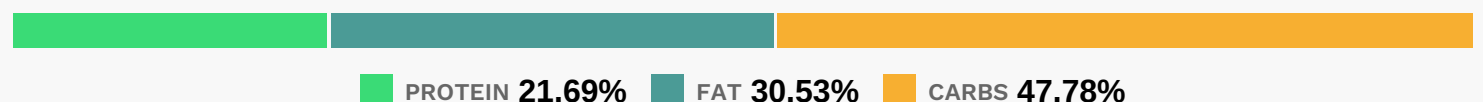
Equipment

- ☐ frying pan
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Place bacon in a wok or large skillet; cook and stir over medium-high heat until crisp, about 10 minutes.
- ☐ Remove bacon with a slotted spoon and reserve bacon drippings in the wok. Cook and stir shallots in bacon drippings over medium-high heat until fragrant and light brown, 1 to 2 minutes.
- ☐ Stir chicken into shallots and cook without stirring until browned on one side, 45 seconds to 1 minute; stir. Continue cooking until chicken is browned, about 1 minute.
- ☐ Add 2 teaspoons curry powder; stir until chicken is coated.
- ☐ Make a well in the center of chicken and pour oil into center of the well; add egg yolks. Cook and stir egg yolks until set, 1 to 2 minutes.
- ☐ Add rice and stir, breaking up rice.
- ☐ Mix chile pepper, cilantro, soy sauce, remaining 2 teaspoons curry powder, fish sauce, and sugar into rice mixture; add shrimp and cook until shrimp is cooked through and pink, about 2 minutes. Fold pineapple, green onions, and bacon into rice mixture.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:25.26, Inflammation Score:-3, Nutrition Score:10.725217446037%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 235.22kcal (11.76%), Fat: 7.87g (12.11%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 26.28g (9.56%), Sugar: 2.41g (2.68%), Cholesterol: 140.37mg (46.79%), Sodium: 534.73mg (23.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.17%), Selenium: 25.45µg (36.36%), Manganese: 0.58mg (28.79%), Vitamin B6: 0.39mg (19.58%), Phosphorus: 189.97mg (19%), Vitamin B3: 3.38mg (16.88%), Vitamin K: 14.54µg (13.85%), Vitamin B5: 1.04mg (10.36%), Vitamin C: 7.05mg (8.55%), Magnesium: 33.22mg (8.3%), Folate: 33µg (8.25%), Vitamin B12: 0.49µg (8.13%), Zinc: 1.17mg (7.81%), Copper: 0.15mg (7.31%), Iron: 1.31mg (7.26%), Potassium: 251.42mg (7.18%), Vitamin B1: 0.1mg (6.67%), Vitamin B2: 0.11mg (6.36%), Vitamin E: 0.94mg (6.24%), Fiber: 1.45g (5.78%), Vitamin A: 266.13IU (5.32%), Calcium: 49.07mg (4.91%), Vitamin D: 0.57µg (3.79%)