



Thai Pineapple Fried Rice



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cashew pieces (roasted)
- ☐ 3 tablespoons chicken stock see (or vegetable broth)
- ☐ 0.3 cup cilantro leaves chopped ()
- ☐ 3 cups rice cooked (preferably a day old)
- ☐ 0.3 cup currants (or raisins)
- ☐ 1 tablespoon curry powder
- ☐ 1 eggs lightly beaten ()
- ☐ 3 tablespoons fish sauce (or soy sauce)

- ☐ 0.3 cup peas fresh ()
- ☐ 3 cloves garlic chopped ()
- ☐ 2 green onions sliced ()
- ☐ 1 tablespoon oil
- ☐ 1 cup pineapple cut into bite sized pieces)
- ☐ 1 bell pepper diced red ()
- ☐ 1 chili red chopped ()
- ☐ 2 shallots sliced ()
- ☐ 1 cup shrimp cooked (, optional)
- ☐ 1 teaspoon sugar

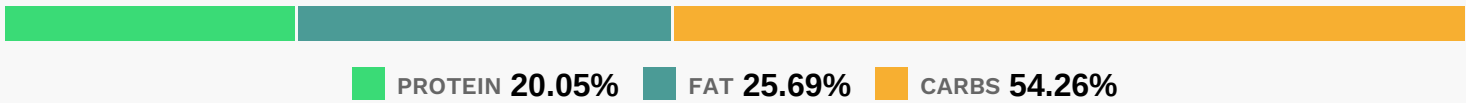
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the shallots, garlic, chillies and red pepper and stir-fry until fragrant, about a minute.
- ☐ Add the egg and stir-fry for a minute.
- ☐ Add the chicken stock, fish sauce, curry powder and sugar and stir-fry.
- ☐ Add the cashews and stir-fry for 30 seconds.
- ☐ Add the rice, break up any clumps and stir-fry for a few minutes.
- ☐ Add the pineapple, shrimp, peas and raisins and stir-fry to mix them in.
- ☐ Remove from heat and serve garnished with chopped green onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:145.82, Glycemic Load:44.12, Inflammation Score:-9, Nutrition Score:24.360434687656%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 434.98kcal (21.75%), Fat: 12.75g (19.61%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 60.58g (20.19%), Net Carbohydrates: 56.16g (20.42%), Sugar: 15.86g (17.63%), Cholesterol: 136.15mg (45.38%), Sodium: 1204.91mg (52.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.77%), Vitamin C: 81.43mg (98.7%), Manganese: 1.55mg (77.44%), Copper: 0.83mg (41.33%), Phosphorus: 349.32mg (34.93%), Magnesium: 132.75mg (33.19%), Vitamin K: 31.05µg (29.57%), Vitamin B6: 0.57mg (28.73%), Vitamin A: 1366.17IU (27.32%), Selenium: 17.83µg (25.47%), Potassium: 689.82mg (19.71%), Zinc: 2.94mg (19.59%), Iron: 3.32mg (18.47%), Fiber: 4.42g (17.68%), Folate: 61.22µg (15.3%), Vitamin B1: 0.21mg (14.2%), Vitamin E: 1.89mg (12.62%), Calcium: 107.71mg (10.77%), Vitamin B5: 1.06mg (10.64%), Vitamin B3: 2.07mg (10.37%), Vitamin B2: 0.17mg (10.08%), Vitamin B12: 0.16µg (2.71%), Vitamin D: 0.22µg (1.47%)