



Thai Pineapple-Peanut Fried Rice

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



35

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.7 cups brown rice chilled cooked
- 0.5 cup green onion pieces (1-inch)
- 1 Tbsp planters peanut oil
- 0.5 cup planters cocktail peanuts chopped
- 8 oz pineapple tidbits in juice drained canned
- 1 medium bell pepper red cut into strips (1-1/2 cups)
- 0.3 cup teriyaki sauce
- 8 oz spicy tofu firm cubed

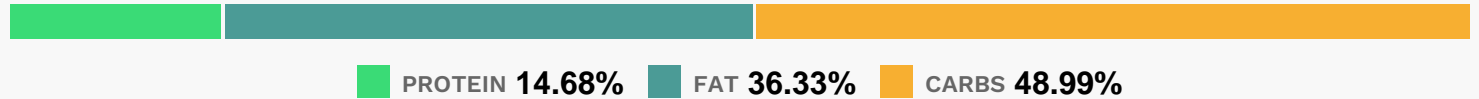
Equipment

frying pan

Directions

- Pour teriyaki sauce over tofu in shallow dish. Refrigerate 5 to 10 minutes to marinate.
- Drain tofu; reserve teriyaki sauce.
- Heat oil in large skillet on medium-high heat.
- Add tofu; cook 3 to 4 minutes or until golden brown on all sides, stirring occasionally.
- Remove from skillet.
- Add red pepper to skillet; cook and stir 2 minutes.
- Add green onion; cook and stir 1 minute.
- Add rice and pineapple; mix lightly. Cook 2 to 3 minutes or until heated through, stirring frequently.
- Add tofu, peanuts and reserved teriyaki sauce; mix lightly. Cook until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:1.78, Inflammation Score:-2, Nutrition Score:2.2895652133486%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 44.44kcal (2.22%), Fat: 1.85g (2.84%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.9g (1.78%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 80.08mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Manganese: 0.22mg (11.21%), Vitamin C: 5.23mg (6.34%), Magnesium: 13.38mg (3.34%), Vitamin B3: 0.62mg (3.08%), Vitamin K: 3.17µg (3.02%), Fiber: 0.71g (2.85%), Vitamin

B1: 0.04mg (2.61%), Vitamin A: 123.94IU (2.48%), Phosphorus: 24.57mg (2.46%), Vitamin B6: 0.05mg (2.35%), Folate: 8.57µg (2.14%), Copper: 0.04mg (2.08%), Iron: 0.33mg (1.82%), Potassium: 51.04mg (1.46%), Calcium: 14.61mg (1.46%), Vitamin B5: 0.11mg (1.11%), Zinc: 0.16mg (1.06%)