



## Toasted Almond Fried Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup planters almonds sliced
- 8 oz peas drained canned
- 8 oz water chestnuts drained sliced canned
- 3 cups rice chilled cooked
- 1 eggs lightly beaten
- 1 clove garlic minced
- 2 Tbsp green onion
- 4 Tbsp planters peanut oil divided

- 2 oz pimentos drained sliced
- 3 Tbsp soya sauce
- 0.5 tsp sugar

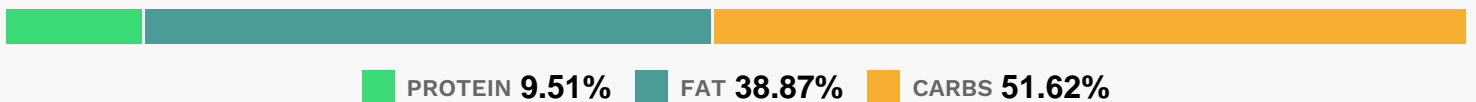
## Equipment

- frying pan
- wok

## Directions

- Heat 1 Tbsp. of the oil in large skillet or wok.
- Add egg; stir-fry 1 to 2 min. or until set.
- Remove egg from skillet; cover to keep warm.
- Add 1 Tbsp. of the remaining oil to same skillet; heat 30 sec.
- Add almonds, green onions and garlic; stir-fry 2 to 3 min. or until almonds are lightly toasted.
- Remove from skillet.
- Heat remaining 2 Tbsp. oil in same skillet.
- Add rice; stir-fry 3 min.
- Return egg and almond mixture to skillet.
- Add peas, water chestnuts, pimentos, soy sauce and sugar; mix well. Cook until heated through, stirring constantly.

## Nutrition Facts



## Properties

Glycemic Index:10.37, Glycemic Load:4.9, Inflammation Score:-2, Nutrition Score:2.0495651953894%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg,

Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg  
Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 55.43kcal (2.77%), Fat: 2.42g (3.72%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 6.46g (2.35%), Sugar: 0.75g (0.84%), Cholesterol: 5.46mg (1.82%), Sodium: 118.09mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.67%), Manganese: 0.13mg (6.68%), Vitamin E: 0.58mg (3.86%), Vitamin A: 177.69IU (3.55%), Vitamin C: 2.81mg (3.41%), Fiber: 0.77g (3.09%), Selenium: 1.88µg (2.69%), Vitamin B6: 0.05mg (2.6%), Vitamin K: 2.63µg (2.5%), Phosphorus: 23.45mg (2.35%), Copper: 0.04mg (2.17%), Iron: 0.38mg (2.09%), Magnesium: 7.14mg (1.79%), Vitamin B2: 0.03mg (1.57%), Zinc: 0.23mg (1.56%), Vitamin B3: 0.3mg (1.49%), Potassium: 44.07mg (1.26%), Vitamin B5: 0.12mg (1.19%), Folate: 4.71µg (1.18%)