

Pineapple Fried Rice

Servings:	40.000	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56110
School:	Calhoun County Youth Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Rice	6 2/5 Cup		722987
GARLIC CHPD IN WTR	8 1 Teaspoon		321565
OIL SALAD VEG SOY CLR NT	8 4/7 Tablespoon		292702
PEPPERS COLORED MIXED ASST	6 1/3 Cup		491012
PINEAPPLE CHUNKS IN JCE	31 3/10 Ounce		189952
SAUCE SOY LITE	8 4/7 Tablespoon	READY_TO_EAT	466425
HONEY	2 1/6 Tablespoon		225614
SPICE CURRY POWDER	4 2/9 Tablespoon		224804
Spices, pepper, black	2 1/6 tsp, ground		2030

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.560
Fruit	0.080
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.158
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	270.39
Fat	3.04g
Saturated Fat	0.43g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	158.72mg
Carbohydrates	53.44g
Fiber	0.45g
Total Sugar	4.60g
Added Sugar	0.00g**
Protein	5.54g
Vitamin A 633.60mcg**	Vitamin C 36.84mg**
Calcium 3.61mg	Iron 2.02mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	238.44
Fat	2.68g
Saturated Fat	0.38g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	139.97mg
Carbohydrates	47.12g
Fiber	0.39g
Total Sugar	4.05g
Added Sugar	0.00g**
Protein	4.88g
Vitamin A 558.74mcg**	Vitamin C 32.49mg**
Calcium 3.19mg	Iron 1.78mg

**One or more nutritional components are missing from at least one item on this recipe.