

Bacon Fried Rice

Lindsay Landis and Taylor Hackbarth - "Breakfast For Dinner"
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Servings: 6

3 tablespoons vegetable oil, divided
1/2 large yellow onion, thinly sliced
4 green onions, thinly sliced
3 cloves garlic, minced
1 tablespoon minced ginger
1 cup frozen peas
4 large eggs, beaten
2 cups leftover chilled brown jasmine rice
6 slices (about 1/2 pound) bacon, cooked and crumbled
3 tablespoons soy sauce
1/2 teaspoon sriracha (or to taste)
1 carrot, thinly sliced

Heat one tablespoon of the oil in a large skillet. Add the onion, green onions, garlic and ginger. Saute' for 5 minutes. Stir in the peas and cook for 2 minutes. Transfer the mixture to a medium bowl.

Add the eggs to the skillet. Scramble for 3 minutes. Add the eggs to the onion mixture. Add the remaining oil to the pan. Add the rice and cook for 5 minutes. Stir in the onion mixture and bacon. Add the soy sauce and sriracha.

Top with green onions and carrots and serve hot.

Per Serving (excluding unknown items): 184 Calories; 13g Fat (65.2% calories from fat); 8g Protein; 8g Carbohydrate; 2g Dietary Fiber; 147mg Cholesterol; 695mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	184	Vitamin B6 (mg):	.1mg
% Calories from Fat:	65.2%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	16.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	18.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	13g	Folacin (mcg):	40mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	147mg	% Daily Value*	0 0%

Carbohydrate (g): 8g
 Dietary Fiber (g): 2g
 Protein (g): 8g
 Sodium (mg): 695mg
 Potassium (mg): 218mg
 Calcium (mg): 40mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 11mg
 Vitamin A (i.u.): 3751IU
 Vitamin A (r.e.): 405 1/2RE

Food Exchanges

Grain (Starch): 0
 Lean Meat: 1
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 184 Calories from Fat: 120

% Daily Values*

Total Fat	13g	21%
Saturated Fat	3g	15%
Cholesterol	147mg	49%
Sodium	695mg	29%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	8%
Protein	8g	

Vitamin A	75%
Vitamin C	18%
Calcium	4%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.