

# Speedy Ham Fried Rice

*MinuteRice.com/ReadyToServe*

## Servings: 6

*1 family-size bowl ready-to-serve  
white rice (Minute Ready)  
2 tablespoons vegetable oil  
1/2 cup green onion, diced  
1/2 cup celery, sliced  
1/2 cup carrots, diced  
1 cup ham, diced  
2 tablespoons soy sauce  
2 large eggs, beaten*

Heat the rice according to package directions.

In a large wok or skillet, heat the oil over medium heat. Add the onion, celery and carrots. Stir-fry for 2 minutes.

Stir in the rice, ham and soy sauce. Continue to stir fry until heated through.

Pour in the eggs. Cook, stirring constantly, until the eggs are done.

Serve with additional soy sauce, if desired.

Per Serving (excluding unknown items): 118 Calories; 9g Fat (65.8% calories from fat); 7g Protein; 3g Carbohydrate; 1g Dietary Fiber; 83mg Cholesterol; 676mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 1 Fat.

Pork

## Per Serving Nutritional Analysis

|                                |       |
|--------------------------------|-------|
| Calories (kcal):               | 118   |
| % Calories from Fat:           | 65.8% |
| % Calories from Carbohydrates: | 11.5% |
| % Calories from Protein:       | 22.7% |
| Total Fat (g):                 | 9g    |
| Saturated Fat (g):             | 2g    |
| Monounsaturated Fat (g):       | 4g    |
| Polyunsaturated Fat (g):       | 1g    |
| Cholesterol (mg):              | 83mg  |
| Carbohydrate (g):              | 3g    |
| Dietary Fiber (g):             | 1g    |
|                                | 7g    |

|                     |       |
|---------------------|-------|
| Vitamin B6 (mg):    | .1mg  |
| Vitamin B12 (mcg):  | .4mcg |
| Thiamin B1 (mg):    | .2mg  |
| Riboflavin B2 (mg): | .2mg  |
| Folacin (mcg):      | 19mcg |
| Niacin (mg):        | 2mg   |
| Caffeine (mg):      | 0mg   |
| Alcohol (kcal):     | 0     |
| % Daily Value*      | 0 0%  |

## Food Exchanges

|                 |   |
|-----------------|---|
| Grain (Starch): | 0 |
|                 | 1 |
|                 | 1 |

**Protein (g):**  
**Sodium (mg):** 676mg  
**Potassium (mg):** 193mg  
**Calcium (mg):** 24mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 3139IU  
**Vitamin A (r.e.):** 329RE

**Lean Meat:**  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 118 Calories from Fat: 78

### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | 9g    | 13% |
| Saturated Fat              | 2g    | 9%  |
| <b>Cholesterol</b>         | 83mg  | 28% |
| <b>Sodium</b>              | 676mg | 28% |
| <b>Total Carbohydrates</b> | 3g    | 1%  |
| Dietary Fiber              | 1g    | 3%  |
| <b>Protein</b>             | 7g    |     |

|                  |     |
|------------------|-----|
| <b>Vitamin A</b> | 63% |
| <b>Vitamin C</b> | 16% |
| <b>Calcium</b>   | 2%  |
| <b>Iron</b>      | 5%  |

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