



Basic Fried Rice

Number of Servings: 8
Calories Per Serving: 171
PCF Ratio: 9-65-26

Single Serving Comment: 1/8 of recipe

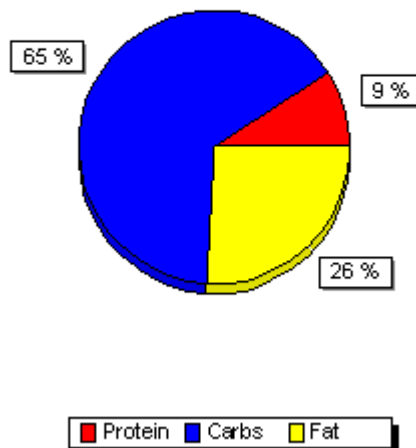
Cooking Instructions

Ingredients:

- 4 cups cooked, medium grain White Rice
 - 2 large Eggs
 - 1 tsp Salt
 - 1 dash ground Black Pepper
 - 2 tbsp Olive Oil
 - 1 tbsp Shoyu Soy Sauce
 - 2 stalks young green Onions (tops only)
- (serves 8)

Wash and finely chop green onion. Lightly beat the eggs with the salt and pepper. Heat a wok or frying pan and add 1 tablespoons oil. When the oil is hot, add the eggs. Cook, stirring, until they are lightly scrambled but not too dry. Remove the eggs and clean out the pan. Add 1 tablespoons oil. Add the rice. Stir for a few minutes, using a wooden spoon to break apart. Stir in the soy sauce as desired. When the rice is heated through, add the scrambled egg back into the pan. Mix thoroughly. Stir in the green onion. Serve hot.

9-65-26 Ratio



Nutrition Information	
Serving Size: 1/8 of recipe (115g)	
Servings: 1	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	4%
Cholesterol 55mg	18%
Sodium 420mg	18%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	2%
Sugars 0 g	
Protein 4 g	
Vitamin A 4%	Vitamin C 2%
Calcium 2%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
WHITE RICE, MEDIUM GRAIN, COOKED		4 cups	744	967.2	17.7	212.7					

Basic Fried Rice (continued)

EGG, LARGE	whole, fresh	2 large	100	149	12.5	1.2	1.2							
SALT, TABLE(tsp)		1 tsp	6											
PEPPER, BLACK, GROUND(dash)		1 dash	0	.3	.0	.1								
EXTRA VIRGIN OLIVE OIL	salad or cooking	2 tbsp	27	238.7										
SOY SAUCE, SHOYU	from soy & wheat	1 tbsp	16	8.5	.8	1.4	.6							
ONION, YOUNG GREEN, TOPS ONLY		2 stalks	24	6	.4	1.4	.5							
Recipe Total:			917	1369.6	31.5	216.7	2.3							
Single Serving Total:			115	171.2	3.9	27.1	.3							

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
WHITE RICE, MEDIUM GRAIN, COOKED			2.2	1.6	.4							1.2	.1	13.7
EGG, LARGE				10	3.1	.1	1.3	425			635	.1	.5	.1
SALT, TABLE(tsp)														
PEPPER, BLACK, GROUND(dash)			.0								.2			
EXTRA VIRGIN OLIVE OIL				27	3.6	.2	2.1							
SOY SAUCE, SHOYU			.1	.0									.0	.5
ONION, YOUNG GREEN, TOPS ONLY			.8	.0						48	960	.0	.0	.0
Recipe Total:			3.2	38.6	7.2	.2	3.4	425		48	1595.2	1.3	.7	14.3
Single Serving Total:			.4	4.8	.9	.0	.4	53.1		6	199.4	.2	.1	1.8

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU	Calcium (mg)	Magnesium (mg)
WHITE RICE, MEDIUM GRAIN, COOKED	3.1	.4	431.5	14.9	416.6	721.7							22.3	96.7
EGG, LARGE	1.3	.1	47	47		47	1			52		1.6	49	10
SALT, TABLE(tsp)													1.4	.1
PEPPER, BLACK, GROUND(dash)			.0	.0		.0			.0				.4	.2
EXTRA VIRGIN OLIVE OIL											3.2	5		
SOY SAUCE, SHOYU	.1	.0	2.6	2.6		2.6							2.7	5.4
ONION, YOUNG GREEN,	.0	.0	3.4	3.4		3.4			10.9		.1		14.6	4.8

Basic Fried Rice (continued)

TOPS ONLY

Recipe Total:	4.4	.6	484.5	67.8	416.6	774.6	1		11	52	3.3	6.6	90.6	117.2
Single Serving Total:	.5	.1	60.6	8.5	52.1	96.8	.1		1.4	6.5	.4	.8	11.3	14.7

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
WHITE RICE, MEDIUM GRAIN, COOKED	275.3	215.8				.3			11.1	2.8		55.8	3.1
EGG, LARGE	178	121	126			.0			1.4	.0		30.8	1.1
SALT, TABLE(tsp)		.5	2325.5						.0				
PEPPER, BLACK, GROUND(dash)	.2	1.3	.0						.0				
EXTRA VIRGIN OLIVE OIL	.3								.1				.0
SOY SAUCE, SHOYU	17.6	28.8	914.4			.0			.3	.1		.1	.1
ONION, YOUNG GREEN, TOPS ONLY	7.9	62.4	1			.0			.5	.0		.1	.1
Recipe Total:	479.2	429.7	3366.9			.3			13.5	2.9		86.9	4.4
Single Serving Total:	59.9	53.7	420.9			.0			1.7	.4		10.9	.6