



THREE DELIGHTS RICE

🕒 30 minutos

🍴 1 porción

INGREDIENTES

- 80g of uncooked rice
- 70 grams of medium onion
- 1 clove of garlic [4g]
- 1 small carrot [45g]
- 4 slices of cooked ham [120 g]
- 60 grams of peas from a can
- 1 tablespoon of extra virgin olive oil [9g]
- 2 tablespoons of soy sauce [26 g]

MÉTODO DE PREPARACIÓN

- 1º Tip: Use basmati or long-grain rice for these recipes to avoid a sticky texture.
- 2º cut the vegetables and the cooked ham into cubes.
- 3º fry the vegetables until tender and add the ham. Cook until browned.
- 4º In the same pan, crack an egg and scramble it until it's cooked.
- 5º Combine all ingredients and stir in the cooked rice.
- 6º Next, add soy sauce to taste and stir to combine.

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCIÓN [395 g]	% DDR
ENERGÍA	144 kcal	569 kcal	28 %
GRASA	3 g	14 g	21 %
GRASAS SATURADAS	1 g	3 g	14 %
COLESTEROL	14 mg	57 mg	19 %
SODIO	663 mg	2619 mg	109 %
H. CARBONO	19 g	76 g	25 %
AZÚCARES	1 g	4 g	—
FIBRA ALIMENTARIA	1 g	6 g	22 %
PROTEÍNA	9 g	34 g	—