

Chicken Fried Rice

Check serving size first - how many servings are in one container? The nutrients listed on the label are only for one serving.

Limit saturated fats and trans fats.

Opt for whole grain carbohydrates and reduce added sugars

Choose higher protein products

Nutrition Facts	
servings per container	
Serving size	(459g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 510mg	22%
Total Carbohydrate 72g	26%
Dietary Fiber 9g	32%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 94mg	8%
Iron 2mg	10%
Potassium 763mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Developed in collaboration with CTAHR's Department of Human Nutrition, Food and Animal Sciences, its Dietetics Program and nutrition students



COLLEGE OF TROPICAL AGRICULTURE
AND HUMAN RESOURCES
UNIVERSITY OF HAWAII AT MĀNOA

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Chicken Fried Rice

Ingredients:

3 ½ cups leftover cooked rice (brown or hapa rice recommended)
1 (5 oz) can of chicken, drained, no salt added
½ cup frozen or canned corn kernels, low sodium
¾ cup frozen or canned peas, low sodium
¾ cup frozen or canned carrots, low sodium
2 cups fresh bok choy, chopped into pieces similar to other vegetables
1 medium round onion, diced
2 cloves of garlic
1 TBSP Aloha brand shoyu, low sodium
White pepper
2 tsp sesame oil

Serve on the side to compliment meal:

4 apple bananas, to eat on the side

Servings: 4

Method:

1. Chop onion. Set aside
2. Mince garlic. Set aside
3. Drain chicken and vegetables (if using canned)
4. Chop the bok choy's white parts to be similar size of the other vegetables. Cut the green leafy parts into strips -- it will shrink when cooked. Keep whites separate from green leaves
5. In a large non-stick pan on medium high heat, heat the olive oil
6. Add onions and cook for about 1 minute, stirring occasionally to cook evenly
7. Add garlic and the white part of the bok choy and cover with a lid. Cook for about 1 minute. If pan gets dry and ingredients start to stick to the pan, add a tablespoon of room temperature or hot water
8. Add the rest of the ingredients to the pan. Toss and gently stir until all ingredients are cooked and heated through
9. Add sesame oil once fried rice is done cooking and stir throughout rice
10. Serve fried rice with a banana on the side



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