

# Easy Chinese Chicken Fried Rice (Gluten Free Option)

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chicken-and-ham-roll-recipe>

## Ingredients:

- 2 tablespoons sesame oil
- 4 tablespoons olive oil separated in 2 tbsp
- 1 pound boneless skinless chicken thigh or breast, diced into 1/2 inch pieces
- 1 1/2 cups frozen peas and diced carrots blend
- 2 green onions sliced into thin rounds
- 3 garlic cloves finely minced – you can also use 3 tsp of minced garlic bottled
- 3 large eggs lightly beaten
- 4 cups cooked rice – the best is using cold, leftover cooked rice
- 4 tablespoons soy sauce If you're on a gluten free diet, substitute the soy sauce with coconut amino or gluten free soy sauce - I reco...
- 1/2 cup ham sliced in to 1/2 inch pieces
- 1/2 cup chopped onions
- 2 tablespoons water
- salt as desired

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 165 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 4 grams
8. Sodium: 1140 milligrams
9. Sugar: 3 grams

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