

Ring Bologna And Sweet Corn Fried Rice

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-corn-rice-recipe>

Ingredients:

- cooking oil
- 3 cups rice cooked cold or frozen, I used frozen rice packets from Trader Joe's
- 1/2 small onion chopped
- 1 cup sweet corn fresh
- 7 ounces bologna ring, cut in small chunks
- 1 egg
- 1 tablespoon soy sauce or coconut aminos
- 1 teaspoon garlic powder
- salt to taste
- fresh parsley for topping

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 80 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 6 grams
8. Sodium: 980 milligrams
9. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Ring Bologna And Sweet Corn Fried Rice above. You can see more 16 chinese corn rice recipe Prepare to be amazed! to get more great cooking ideas.