

# Quinoa Fried Rice

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-fried-rice-indian-recipe>

## Ingredients:

- 1 tablespoon cooking oil
- 2 eggs
- 1 cup diced ham
- 1 stalk green onion chopped
- 1 clove garlic finely minced
- 1 teaspoon fresh ginger grated
- 1/2 cup frozen peas
- 2 cups quinoa cooked, chilled, about 1/2 cup raw
- 1 1/2 teaspoons soy sauce
- 1 teaspoon fish sauce
- ground black pepper freshly

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 140 milligrams
4. Fat: 16 grams
5. Fiber: 8 grams
6. Protein: 26 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1020 milligrams
9. Sugar: 1 grams

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