

# Spam Fried Rice

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2 cups rice leftover
- 2 teaspoons oil
- 1/4 cup onion chopped
- 7 ounces spam diced
- 2 garlic powder teaspoons
- 3 tablespoons soy sauce we used Aloha Shoyu brand
- 1 egg
- oil spray for frying

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 90 milligrams
4. Fat: 17 grams
5. Protein: 11 grams
6. SaturatedFat: 6 grams
7. Sodium: 1370 milligrams
8. Sugar: 1 grams

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