

# Pineapple Fried Rice

Yield: 4 min  
Total Time: 60 min

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

## Ingredients:

- 8 ounces shrimp 225g, peeled, deveined, rinsed, and pat dry
- 1 cup onion 150g, diced
- 1/2 cup carrot 75g, diced
- 4 ounces ham or Chinese sausage; 115g, finely diced
- 6 cups cooked rice about 900g
- 2/3 cup peas 100g
- 1 cup pineapple diced into 1/2-inch pieces
- 1 scallion chopped
- 2 eggs beaten
- 1/4 teaspoon salt more to taste
- 1/2 teaspoon Shaoxing wine plus 1 tablespoon, divided
- 4 tablespoons vegetable oil divided
- 1 tablespoon fish sauce
- 1 tablespoon light soy sauce or Thai thin soy sauce
- 1/2 teaspoon ground white pepper
- 1 1/2 teaspoons sesame oil

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 210 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 3 grams
8. Sodium: 1220 milligrams
9. Sugar: 8 grams

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