

# Puerto Rican “Fried Rice”

Yield: 5 min  
Total Time: 70 min

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

## Ingredients:

- 2 teaspoons kosher salt
- 1/2 teaspoon pepper
- 2 tablespoons oregano
- 4 cloves garlic minced
- 2 tablespoons olive oil
- 1 pork tenderloin
- 1 onion chopped
- 1/4 cup water
- 2 tablespoons white vinegar
- 1/4 cup recaito
- 1 onion small, small diced
- 1/4 cup roasted red peppers diced, or pimientos
- 1 tablespoon capers
- 1 envelope sazón con achiote
- 1 tablespoon tomato paste
- 2 cups parboiled rice
- 15 ounces pigeon peas drained
- 2 1/4 cups water
- 2 bay leaves
- 2 plantains ripe
- vegetable oil
- 3 eggs
- cilantro
- avocado

## Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 146 grams
3. Cholesterol: 195 milligrams

4. Fat: 20 grams
  5. Fiber: 19 grams
  6. Protein: 52 grams
  7. SaturatedFat: 3 grams
  8. Sodium: 1330 milligrams
  9. Sugar: 14 grams
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