

Ham Fried Rice

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 tablespoons butter
- 2 eggs
- 2 tablespoons green onion chopped
- sugar 1 tps.
- 1 dash pepper
- 4 cups rice cooked
- 1 1/2 tablespoons soy sauce
- 1/2 cup ham chopped

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 135 milligrams
4. Fat: 11 grams
5. Protein: 12 grams
6. SaturatedFat: 5 grams
7. Sodium: 780 milligrams
8. Sugar: 5 grams

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