Egg Fried Rice #000757 Potato Rounds

Ingredients

25 cups cooked rice
4.75 cups cooked liquid eggs
1/4 tsp paprika
1/4 tsp turmeric
3 tbsp oil
1 # pepper, onion blend (2cups)
1 cup frozen peas, thawed
1 tsp salt
1/4 tsp black pepper
1/2 cup Green onion, chopped

Makes: 25-1 cup servings
Prep Time: 15 minutes
Cooking Time: 10 minutes
Provides: 1m/ma 2g

Image

Nutrition Facts

C Rice, Fried w/Egg 18-19

Nutrition Facts
Serving Size: serving
Serving per Container: 1

Amount Per Serving	
Calories: 334	Calories from Fat 43
	% Daily Value*
Total Fat 4.8g	7%
Saturated Fat 1.3g	6%
Trans Fat* 0.0g	
Cholesterol 181mg	60%
Sodium 187mg	8%
Total Carbohydrate 60.5g	20%
Dietary Fiber 4.1g	16%
Protein 12.1g	24%
Vitamin A 6%	Vitamin C 1%
Calcium 2%	Iron 4%

* - Trans Fat Value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg	Fried Rice	Potato Round	
2.	Contains Dairy		X	
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten		X	
6.	Contains Soy	Potato Round	Fried Rice	soybean oil is sometimes used in the potato rounds
7.	Vegetarian	X		