



## FUNYUNS® PINEAPPLE FRIED RICE

**Each Serving Provides:**

**3 oz. Meat/MA**  
(1 Large Egg + 2 oz. chicken)  
**½ c. Vegetables**  
½ c. **Other** (1/4 c. cauliflower + ¼ c. Peas and Carrots)  
**¼ c. Fruit** (1/4 c. Pineapple)  
**2 oz. eq. Grain** (.75 oz. FUNYUNS® Baked Not Fried Onion Flavored Rings = 1 OEG + ½ c. cooked brown rice)

### FUNYUNS® Pineapple Fried Rice

INGREDIENT	QUANTITY 100 servings	1 Serving
USDA Soybean oil (100439)	1 Qt. + 1/8 c.	2 teaspoon
Cooked USDA Brown Rice (101031)	3 Gal. + 2 c.	(3 oz. wt.) 1/2 cup
USDA chicken, diced, cooked (100101)	12 lbs. + 8 oz.	2 oz. (1/4 cup)
Cauliflower	6 lbs. + 4 oz.	1/4 cup (1 oz. wt.)
Peas and carrots, cooked	1 1/2 Gal. + 1 c.	1/4 cup (1.5 oz. wt.)
Large eggs	100	1 each (1.5 oz. wt.)
Low sodium soy sauce	3 lbs. + 2 1/8 oz.	1 Tablespoon
Canned pineapple	1 1/2 Gal. + 1 c.	1/4 cup
<a href="#">.75 oz. bags Funyuns® Baked Not Fried Onion Flavored Snacks</a>	100	1
Raisins	1 Qt. + 2 1/4 c.	1 Tbsp.

**PREPARATION**

1. In a sauté pan, add oil and heat.
2. Sauté cooked rice, chicken, cauliflower, and peas and carrots.
3. Push the ingredients to the sides of the pan, creating a well in the middle of the veggies, then add eggs.
4. Stir continuously to scramble, then mix into the veggie-rice mixture.
5. Add in soy sauce and pineapples and fold until combined.
6. Garnish with raisins and FUNYUNS® Baked Not Fried Onion Flavored Rings.

<b>Nutrition Facts</b>	
<b>1 Serving:</b>	
Calories	530
Saturated Fat	3g
Sodium	776mg