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Paleo Pineapple Fried Rice ♦♦

Paleo Pineapple Fried Rice is a delicious and healthy twist on traditional fried rice. It is made with cauliflower rice, fresh pineapple, and a variety of vegetables and spices. This dish is gluten-free, dairy-free, and packed with flavor. It can be enjoyed as a main course or as a side dish.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	cauliflower rice
200 g	Pineapple
100 g	Red Bell Pepper
100 g	Carrots
100 g	Peas

50 g	Green Onions
2 cloves	garlic
1 tsp	Ginger
3 tbsp	coconut aminos
2 tbsp	coconut oil
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Stove

In a large skillet, heat coconut oil over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add garlic and ginger to the skillet and cook for 1-2 minutes, until fragrant.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Stove

Add carrots and red bell pepper to the skillet and cook for 5-7 minutes, until vegetables are tender.

Prep Time: 5 mins

Cook Time: 7 mins

Step 4

Stove

Add cauliflower rice, peas, and coconut aminos to the skillet. Cook for 5 minutes, stirring occasionally.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Stove

Add pineapple, green onions, salt, and black pepper to the skillet. Cook for 2-3 minutes, until pineapple is heated through.

Prep Time: 2 mins

Cook Time: 3 mins

Step 6

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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