

Egg Foo Yong

 **Gluten Free**  **Dairy Free**

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces canadian bacon diced
- ☐ 1 tablespoon cornstarch
- ☐ 6 large eggs beaten
- ☐ 1 cup chicken broth low-sodium
- ☐ 0.5 medium onion thinly sliced
- ☐ 0.5 cup peas frozen thawed
- ☐ 1 bunch scallions thinly sliced
- ☐ 1 teaspoon sesame oil toasted

- ☐ 3.5 teaspoons soya sauce
- ☐ 1.5 teaspoons sugar
- ☐ 2 tablespoons vegetable oil for frying plus more
- ☐ 6 ounces mushrooms white trimmed sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 1 tablespoon vegetable oil in a skillet over high heat.
- ☐ Add the mushrooms and 1/2 teaspoon sugar and saute until golden, 3 minutes.
- ☐ Add the broth and 2 teaspoons soy sauce.
- ☐ Mix the cornstarch with 1/4 cup water; stir into the skillet and boil until thickened, 2 minutes.
- ☐ Heat 1 tablespoon vegetable oil in another skillet over high heat.
- ☐ Add the onion and the remaining 1 teaspoon sugar and cook until tender, 4 minutes.
- ☐ Add the bacon and cook 2 minutes.
- ☐ Add the peas, half of the scallions and the remaining 1 1/2 teaspoons soy sauce; cook 1 more minute.
- ☐ Transfer to a bowl and combine with the beaten eggs.
- ☐ Wipe out the skillet. Return to high heat and add 1/4 inch of vegetable oil.
- ☐ Add one-fourth of the egg mixture; spoon some of the hot oil on top and cook until puffy, 1 to 2 minutes. Flip and cook 1 minute, then drain on paper towels. Repeat to make 3 more omelets.
- ☐ Add the sesame oil to the mushroom gravy and pour over the omelets.
- ☐ Garnish with the remaining scallions.
- ☐ Photograph by Antinos Achilleos

Nutrition Facts



Properties

Glycemic Index:55.11, Glycemic Load:2.47, Inflammation Score:-5, Nutrition Score:18.06260859448%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 252.32kcal (12.62%), Fat: 13.06g (20.1%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 9.39g (3.41%), Sugar: 4.53g (5.04%), Cholesterol: 300.26mg (100.09%), Sodium: 806.62mg (35.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.52g (45.04%), Selenium: 38.15µg (54.5%), Vitamin B2: 0.65mg (37.96%), Phosphorus: 338.97mg (33.9%), Vitamin B1: 0.44mg (29.65%), Vitamin B3: 5.68mg (28.42%), Vitamin B5: 2.07mg (20.67%), Vitamin B6: 0.4mg (20.24%), Vitamin K: 19.83µg (18.89%), Vitamin D: 2.78µg (18.5%), Vitamin B12: 1.03µg (17.14%), Folate: 63.36µg (15.84%), Potassium: 527.83mg (15.08%), Copper: 0.29mg (14.44%), Zinc: 2.13mg (14.23%), Iron: 2.46mg (13.65%), Vitamin C: 10.29mg (12.47%), Vitamin A: 603.75IU (12.08%), Manganese: 0.18mg (8.99%), Magnesium: 31.36mg (7.84%), Fiber: 1.91g (7.63%), Vitamin E: 1.07mg (7.1%), Calcium: 62.16mg (6.22%)