



## Egg Foo Yong

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

READY IN



45 min.

SERVINGS



2

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 large egg whites
- 2 large eggs
- 1 cup bean sprouts fresh finely chopped
- 0.3 cup green onions finely chopped
- 1 tablespoon spicy stir-fry sauce (such as House of Tsang)
- 3.5 ounce bag) rice instant uncooked (such as Success)
- 0.3 cup 3%-less-sodium smoked fully cooked chopped
- 1.5 teaspoons vegetable oil divided

0.3 teaspoon pepper white

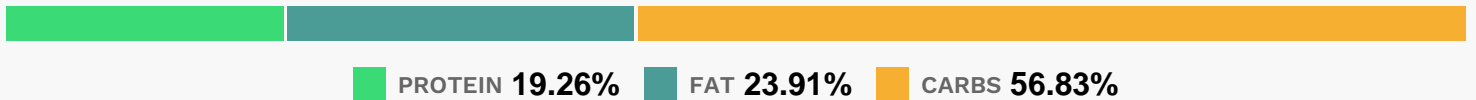
## Equipment

frying pan

## Directions

- Cook rice according to package directions; keep warm.
- Heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add onions and ham; stir-fry 1 minute.
- Add bean sprouts, and stir-fry 30 seconds.
- Remove from heat.
- Combine the eggs, egg whites, stir-fry sauce, and white pepper, and beat well. Stir in ham mixture.
- Heat 1/2 teaspoon oil in pan over medium-high heat, and pour half of egg mixture into pan. Cook 45 seconds on each side or until the egg mixture is lightly browned.
- Remove from pan, and keep warm. Repeat with 1/2 teaspoon oil and egg mixture.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:46.59, Glycemic Load:24.13, Inflammation Score:-5, Nutrition Score:15.375652126644%

## Flavonoids

Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 335.12kcal (16.76%), Fat: 8.83g (13.58%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 45.15g (16.42%), Sugar: 4.79g (5.32%), Cholesterol: 186mg (62%), Sodium: 232.91mg (10.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16g (32.01%), Vitamin K: 58.07µg (55.3%), Selenium: 29.86µg (42.66%), Manganese: 0.69mg (34.63%), Vitamin B2: 0.48mg (28.51%), Phosphorus: 204.54mg (20.45%), Folate:

71.2µg (17.8%), Vitamin B5: 1.54mg (15.42%), Copper: 0.27mg (13.46%), Vitamin C: 10.05mg (12.18%), Iron: 2.12mg (11.76%), Vitamin B6: 0.23mg (11.36%), Zinc: 1.51mg (10.04%), Potassium: 328.88mg (9.4%), Magnesium: 36.81mg (9.2%), Vitamin A: 447.09IU (8.94%), Vitamin B3: 1.75mg (8.74%), Vitamin B12: 0.5µg (8.4%), Fiber: 2.08g (8.32%), Vitamin B1: 0.11mg (7.26%), Vitamin D: 1µg (6.67%), Vitamin E: 1mg (6.66%), Calcium: 64.8mg (6.48%)