



Egg Foo Young

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby bok choy shredded
- 0.5 cup carrots shredded
- 1 cup chicken stock see
- 1 tablespoon cornstarch
- 1 large clove made into a paste grated
- 12 eggs
- 4 servings evoo for brushing
- 1 cup bean sprouts fresh

- 1 piece ginger fresh grated peeled thin
- 1 teaspoon hot sauce
- 0.3 bell pepper red very thinly sliced
- 4 ounces pan drippings from roast beef preferably thinly sliced finely chopped
- 4 servings salt and pepper freshly ground
- 1 bunch scallions thinly sliced
- 4 ounces mushroom caps stemmed thinly sliced
- 0.3 cup tamari sauce (aged soy sauce)

Equipment

- frying pan
- sauce pan
- whisk
- mixing bowl

Directions

- Watch how to make this recipe.
- Preheat a griddle over medium heat and brush it with some oil.
- Whisk the eggs in a large mixing bowl. Stir in the chicken, mushrooms, bean sprouts, bok choy, carrots, scallions, bell pepper, grated ginger and garlic. Season with salt and pepper.
- Using a large spoon, drop about 1/2 cup of the mixture onto the griddle for each "pancake". Cook until golden, 2 to 3 minutes per side.
- Meanwhile, mix the cornstarch with a splash of chicken stock to dissolve.
- Combine the remaining stock, the cornstarch mixture, tamari, hot sauce and sliced ginger in a small saucepan. Boil until thick enough to coat the back of a spoon, about 3 minutes. Discard the sliced ginger.
- Put 2 pancakes on each plate and top with the gravy.

Nutrition Facts



■ PROTEIN 26.7% ■ FAT 60.77% ■ CARBS 12.53%

Properties

Glycemic Index:58.46, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:29.446956344273%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 422.01kcal (21.1%), Fat: 28.57g (43.95%), Saturated Fat: 6.63g (41.43%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 10.54g (3.83%), Sugar: 5.29g (5.88%), Cholesterol: 509mg (169.67%), Sodium: 1794.96mg (78.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.24g (56.49%), Vitamin A: 6319.59IU (126.39%), Vitamin C: 55.35mg (67.09%), Selenium: 45.78µg (65.4%), Vitamin B2: 0.83mg (48.67%), Phosphorus: 408.03mg (40.8%), Vitamin K: 32.52µg (30.97%), Vitamin B6: 0.56mg (28.08%), Vitamin B5: 2.76mg (27.64%), Vitamin B12: 1.66µg (27.62%), Vitamin B3: 5.3mg (26.5%), Folate: 100.38µg (25.09%), Vitamin E: 3.71mg (24.72%), Iron: 4.43mg (24.64%), Calcium: 237.93mg (23.79%), Zinc: 3.37mg (22.44%), Vitamin D: 2.75µg (18.36%), Potassium: 573.12mg (16.37%), Manganese: 0.28mg (13.89%), Copper: 0.27mg (13.48%), Magnesium: 46.12mg (11.53%), Fiber: 2.71g (10.86%), Vitamin B1: 0.14mg (9.34%)