



Egg Foo Young



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bean sprouts
- ☐ 0.8 cup bok choy thinly sliced
- ☐ 1 cup broth
- ☐ 0.3 cup carrots grated
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 tablespoon cornstarch
- ☐ 3 eggs lightly beaten
- ☐ 1 small clove garlic grated

- ☐ 1 teaspoon ginger grated
- ☐ 1 tablespoon mirin
- ☐ 1 tablespoon oil
- ☐ 1 tablespoon rice wine dry
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sesame oil
- ☐ 0.5 cup shrimp thinly sliced
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon water
- ☐ 0.3 onion diced white
- ☐ 0.5 cup zucchini grated

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Mix the bean sprouts, onion, zucchini, carrot, bok choy, mushrooms, garlic, ginger and salt in a large bowl and set aside. Bring the broth to a boil, reduce the heat and simmer adding the soy sauce, rice wine and mirin.
- ☐ Mix the cornstarch into the water, add it to the gravy and simmer until it thickens.
- ☐ Mix in the sesame oil reduce the heat to low to keep it warm while you cook the omelettes. Squeeze any excess liquid from the vegetables, drain and mix with the cilantro and eggs.
- ☐ Heat the oil in a pan over medium heat.
- ☐ Pour 1/3 cup of the mixture into the pan and cook until golden brown on both sides, about 3–4 minutes per side. Note: If the egg starts to spread out, push it back in with a spatula.
- ☐ Serve over steamed rice and top with the gravy and extra vegetables if desired.

Nutrition Facts

 **PROTEIN 19.2%**  **FAT 49.56%**  **CARBS 31.24%**

Properties

Glycemic Index:136.42, Glycemic Load:2.6, Inflammation Score:-10, Nutrition Score:21.735217633455%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 265.41kcal (13.27%), Fat: 14.86g (22.87%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 17.5g (6.36%), Sugar: 8.9g (9.89%), Cholesterol: 245.52mg (81.84%), Sodium: 1753.83mg (76.25%), Alcohol: 1.62g (100%), Alcohol %: 0.49% (100%), Protein: 12.95g (25.91%), Vitamin A: 4658.04IU (93.16%), Vitamin K: 39.9µg (38%), Selenium: 24.43µg (34.89%), Vitamin B2: 0.55mg (32.54%), Vitamin C: 25.53mg (30.94%), Phosphorus: 263.27mg (26.33%), Vitamin B6: 0.5mg (24.85%), Folate: 95.66µg (23.92%), Manganese: 0.45mg (22.61%), Vitamin B5: 2.21mg (22.14%), Vitamin B3: 3.38mg (16.9%), Potassium: 584.52mg (16.7%), Vitamin E: 2.19mg (14.63%), Fiber: 3.58g (14.34%), Iron: 2.47mg (13.71%), Copper: 0.25mg (12.68%), Zinc: 1.89mg (12.58%), Magnesium: 47.16mg (11.79%), Vitamin D: 1.55µg (10.31%), Vitamin B12: 0.59µg (9.79%), Calcium: 91.48mg (9.15%), Vitamin B1: 0.12mg (7.95%)