



## Egg Foo Yung



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 8 large eggs
- ☐ 3 ounces bean sprouts fresh
- ☐ 0.3 pound mushrooms fresh sliced (preferably shiitake)
- ☐ 1 tablespoon catsup
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 1.5 tablespoons oyster sauce
- ☐ 1 bunch scallions

- ☐ 1 teaspoon asian sesame oil
- ☐ 6 ounces shrimp cooked peeled chopped
- ☐ 1 teaspoon soya sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon distilled vinegar white

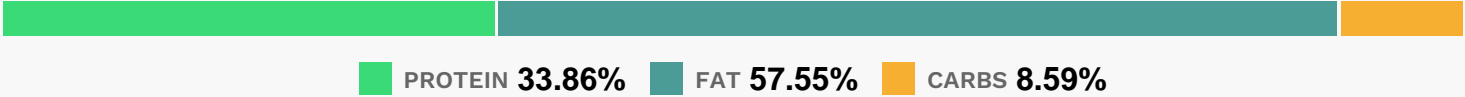
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Whisk together broth, oyster sauce, ketchup, soy sauce, vinegar, cornstarch, and a pinch of salt in a small heavy saucepan. Bring to a simmer, whisking occasionally, and simmer 2 minutes.
- ☐ Remove from heat.
- ☐ Chop scallions, separating white parts and greens.
- ☐ Beat eggs in a bowl with sesame oil and 1/4 tsp each of salt and pepper.
- ☐ Cook white scallion, mushrooms, sprouts, and 1/4 tsp salt in vegetable oil in a 10-inch nonstick skillet over medium-high heat until any liquid has evaporated, about 5 minutes.
- ☐ Add shrimp and half of scallion greens, then pour in eggs and cook, stirring occasionally, until eggs are just cooked but still slightly loose. Cover skillet and cook until eggs are just set, about 3 minutes.
- ☐ Serve sprinkled with remaining scallion greens.
- ☐ Serve sauce on the side.
- ☐ Per serving: 301 calories, 19g fat (4g saturated), 487mg cholesterol, 515mg sodium, 11g carbohydrates, 2g fiber, 23g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

# Nutrition Facts



## Properties

Glycemic Index:32.25, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:15.814782536548%

## Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 277.61kcal (13.88%), Fat: 17.87g (27.5%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.14g (1.87%), Sugar: 2.81g (3.12%), Cholesterol: 440.46mg (146.82%), Sodium: 507.25mg (22.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.32%), Selenium: 33.86µg (48.37%), Vitamin B2: 0.63mg (36.93%), Phosphorus: 340.46mg (34.05%), Vitamin K: 32.49µg (30.94%), Vitamin B5: 2.05mg (20.51%), Copper: 0.4mg (19.94%), Folate: 70.25µg (17.56%), Vitamin B12: 0.96µg (15.98%), Zinc: 2.17mg (14.44%), Iron: 2.52mg (14.01%), Vitamin D: 2.06µg (13.71%), Vitamin A: 623.52IU (12.47%), Potassium: 431.43mg (12.33%), Vitamin B6: 0.23mg (11.74%), Vitamin E: 1.73mg (11.55%), Calcium: 95.44mg (9.54%), Vitamin B3: 1.91mg (9.53%), Magnesium: 36.78mg (9.2%), Manganese: 0.12mg (6.03%), Vitamin B1: 0.09mg (5.74%), Vitamin C: 4.69mg (5.69%), Fiber: 0.87g (3.48%)