

# Egg Foo Yung I



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 ounce water chestnuts drained sliced canned
- ☐ 2 cups chicken broth
- ☐ 2 tablespoons cornstarch
- ☐ 5 eggs
- ☐ 1 cup bean sprouts fresh
- ☐ 1 bell pepper green chopped
- ☐ 1 onion chopped
- ☐ 1 cup shrimp deveined cooked peeled chopped

- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water cold

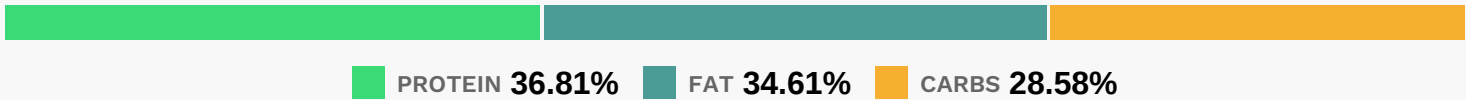
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat 1 tablespoon oil in a large skillet over medium heat.
- ☐ Saute bell pepper and onion until tender, then stir in shrimp, bean sprouts, water chestnuts and 1 tablespoon soy sauce.
- ☐ Heat through, then remove skillet from heat and set aside.
- ☐ Heat 1 tablespoon oil in a second large skillet. In a medium bowl, beat eggs until thick and lemon colored, about 5 minutes. Stir in vegetable mixture, then pour mixture into heated skillet, forming patties about 5 inches in diameter. Fry until browned, then turn and fry on other side until browned.
- ☐ Drain, place on an oven-safe platter and keep warm in oven until read to serve.
- ☐ To Make Hot Soy Sauce: In a small bowl combine the cornstarch, water, bouillon and 2 tablespoons soy sauce and beat together.
- ☐ Serve with warm patties.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:14.315652287525%

## Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 239.06kcal (11.95%), Fat: 9.35g (14.38%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 14.43g (5.25%), Sugar: 5.18g (5.75%), Cholesterol: 302.18mg (100.73%), Sodium: 1096.05mg (47.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.36g (44.73%), Vitamin C: 30.09mg (36.48%), Phosphorus: 290.99mg (29.1%), Selenium: 18.22µg (26.03%), Vitamin B2: 0.4mg (23.28%), Copper: 0.43mg (21.66%), Vitamin K: 17.42µg (16.59%), Vitamin B6: 0.32mg (16.1%), Manganese: 0.31mg (15.69%), Iron: 2.46mg (13.69%), Folate: 54.72µg (13.68%), Zinc: 2.03mg (13.52%), Potassium: 468.55mg (13.39%), Fiber: 2.93g (11.73%), Magnesium: 46.36mg (11.59%), Vitamin B5: 1.13mg (11.28%), Calcium: 90.48mg (9.05%), Vitamin E: 1.32mg (8.8%), Vitamin B12: 0.51µg (8.55%), Vitamin A: 415.43IU (8.31%), Vitamin D: 1.1µg (7.33%), Vitamin B1: 0.11mg (7.3%), Vitamin B3: 1.22mg (6.11%)