



Egg Foo Yung with Mushroom Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bean sprouts
- ☐ 1 cup beef broth
- ☐ 4 teaspoons cornstarch
- ☐ 4 eggs beaten
- ☐ 2 cups mushrooms fresh sliced
- ☐ 1 large green onion
- ☐ 2 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 3 tablespoons soya sauce divided

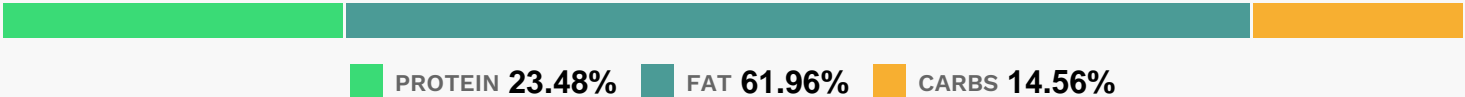
Equipment

☐ frying pan

Directions

- ☐ Thinly slice green onion, and reserve 1 tablespoon of the top for garnish. Stir the remaining onion into the egg along with the bean sprouts and 1 tablespoon of soy sauce.
- ☐ Heat 1 tablespoon of peanut oil in a large nonstick skillet over medium-high heat until hot. For each pancake, drop 1/4 cup of egg mixture into the hot oil. Cook until the bottoms are set, 1 to 2 minutes, then turn over and continue cooking for another 1 to 2 minutes until cooked through.
- ☐ Transfer to a warm serving plate while you make the remaining pancakes.
- ☐ Heat the remaining 1 tablespoon of peanut oil in the skillet and cook the mushrooms with the remaining 2 tablespoons of soy sauce until the mushrooms are soft, about 3 minutes. Dissolve the cornstarch in the broth, stir into the mushrooms, and cook until thickened. To serve, pour the sauce over the egg foo yung pancakes, and sprinkle with the reserved onion.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:20.979999936145%

Flavonoids

Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 326.26kcal (16.31%), Fat: 23.08g (35.51%), Saturated Fat: 5.33g (33.29%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 9.96g (3.62%), Sugar: 4.59g (5.1%), Cholesterol: 327.36mg (109.12%), Sodium: 2089.08mg (90.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.37%), Vitamin B2: 0.91mg (53.69%), Selenium: 37.42µg (53.46%), Vitamin K: 39.11µg (37.24%), Phosphorus: 333.7mg (33.37%), Vitamin B5: 3.07mg (30.69%), Vitamin B3: 5.89mg (29.46%), Folate: 96.73µg (24.18%), Copper: 0.48mg (24.07%), Vitamin E: 3.24mg (21.6%), Iron: 3.43mg (19.05%), Potassium: 641.49mg (18.33%), Vitamin B6: 0.36mg (17.87%), Manganese: 0.31mg (15.6%), Vitamin B12: 0.91µg (15.09%), Zinc: 1.96mg (13.09%), Vitamin D: 1.95µg (13.01%), Vitamin A: 608.02IU

(12.16%), Vitamin C: 9.51mg (11.53%), Vitamin B1: 0.17mg (11.4%), Magnesium: 43.21mg (10.8%), Fiber: 2.24g (8.96%), Calcium: 78.91mg (7.89%)