



Shrimp Egg Foo Young

 **Gluten Free**  **Dairy Free**

READY IN



32 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bamboo skewers sliced
- 0.1 teaspoon pepper black freshly ground
- 2 cups cabbage shredded
- 4 tablespoons canola oil
- 6 eggs
- 0.5 teaspoon garlic powder
- 2 tablespoons green onion tops sliced for garnish
- 0.3 teaspoon salt

- 0.5 cup dice shrimp cooked
- 1 tablespoon soya sauce
- 0.3 cup onion yellow chopped

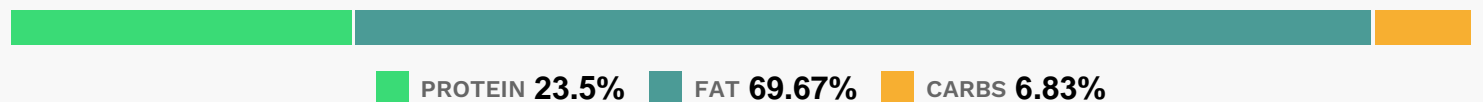
Equipment

- bowl
- frying pan
- ladle
- whisk

Directions

- Place 2 tablespoons vegetable oil in a large pan and cook onions and cabbage over- medium high heat just until tender.
- Remove from heat, drain excess liquid, and reserve.
- Whisk the eggs in a bowl and mix in soy sauce, spices, drained cabbage mixture, and bamboo shoots.
- Using a non-stick pan over medium-high heat, add 2 tablespoons vegetable oil and heat. Ladle about 4 ounces of the cabbage mixture into the hot pan, as you would for pancakes, and sprinkle the small shrimp evenly on top of each. Cook for about 3 minutes, or until edges start to brown and when jiggled, it slides in the pan. Flip and cook another 2 to 3 minutes until cooked through.
- Garnish with scallions.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:12.237826285155%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin:

0.5mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 262.88kcal (13.14%), Fat: 20.53g (31.58%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 3.19g (1.16%), Sugar: 2.12g (2.36%), Cholesterol: 293.13mg (97.71%), Sodium: 533.7mg (23.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.15%), Vitamin K: 43.13µg (41.08%), Selenium: 20.61µg (29.44%), Vitamin E: 3.28mg (21.84%), Phosphorus: 216.94mg (21.69%), Vitamin B2: 0.33mg (19.45%), Vitamin C: 14.22mg (17.24%), Folate: 51.17µg (12.79%), Vitamin B5: 1.13mg (11.3%), Vitamin B6: 0.2mg (9.88%), Copper: 0.2mg (9.8%), Vitamin B12: 0.59µg (9.79%), Zinc: 1.43mg (9.55%), Iron: 1.7mg (9.47%), Vitamin D: 1.32µg (8.8%), Vitamin A: 422.38IU (8.45%), Potassium: 273.96mg (7.83%), Calcium: 76.67mg (7.67%), Manganese: 0.15mg (7.56%), Magnesium: 26.65mg (6.66%), Fiber: 1.34g (5.36%), Vitamin B1: 0.06mg (4.05%), Vitamin B3: 0.35mg (1.77%)