



Shrimp Egg Foo Yung

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounce mushrooms sliced canned
- 1.5 cups chicken broth
- 2 tablespoons cornstarch
- 8 eggs beaten
- 8 ounces bean sprouts fresh rinsed drained
- 2 large green onions chopped
- 6 servings ground pepper white to taste
- 0.3 teaspoon salt

- 1 cup shrimp cooked
- 2 tablespoons soya sauce
- 3 tablespoons vegetable oil
- 2 tablespoons water cold

Equipment

- frying pan
- sauce pan
- mixing bowl
- spatula

Directions

- In a mixing bowl, combine the bean sprouts, shrimp, eggs, mushrooms, scallions and 1/2 teaspoon of salt.
- Mix thoroughly.
- Heat a deep skillet over high heat until 1 or 2 drops of water bubble when sprinkled in.
- Add oil and turn heat back to Medium-High.
- Pour in 1/2 cup of egg mixture into pan. Push cooked egg up over shrimp with a spatula to form a patty. Fry until golden brown, turning once, about 4 minutes.
- Repeat with remaining egg mixture. If you need to, add more oil. Keep patties warm.
- In a saucepan over medium heat, combine chicken broth, soy sauce, 1/4 teaspoon salt and white pepper to taste. Bring to a boil.
- Mix cornstarch and water; stir into broth mix. Cook and stir until thickened (about 10 seconds).
- Pour over patties.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:12.860434656558%

Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 220.05kcal (11%), Fat: 12.9g (19.84%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 6.76g (2.46%), Sugar: 2.82g (3.14%), Cholesterol: 282.9mg (94.3%), Sodium: 874.8mg (38.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.48%), Vitamin K: 42.4µg (40.39%), Selenium: 19.58µg (27.97%), Phosphorus: 252.09mg (25.21%), Vitamin B2: 0.37mg (21.91%), Copper: 0.35mg (17.63%), Folate: 59.8µg (14.95%), Manganese: 0.28mg (13.84%), Iron: 2.35mg (13.07%), Vitamin B5: 1.25mg (12.5%), Zinc: 1.72mg (11.45%), Magnesium: 38.55mg (9.64%), Potassium: 316.66mg (9.05%), Vitamin B12: 0.53µg (8.9%), Vitamin E: 1.28mg (8.54%), Vitamin C: 6.98mg (8.46%), Vitamin B6: 0.17mg (8.25%), Vitamin A: 409IU (8.18%), Vitamin D: 1.22µg (8.11%), Calcium: 80.46mg (8.05%), Fiber: 2g (8.01%), Vitamin B1: 0.09mg (6.28%), Vitamin B3: 1.08mg (5.4%)