



## Steamed Egg (Chawan Mushi)

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

READY IN



17 min.

SERVINGS



2

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup chicken breast strips/pre-cooked/chopped cooked chopped
- 2 eggs
- 1 cup fish stock cooled
- 2 sprigs parsley fresh for garnish
- 1 dash rice wine
- 1 mushroom caps sliced into strips
- 0.5 teaspoon soya sauce

### Equipment

- bowl
- sauce pan
- whisk

## Directions

- In a medium bowl, whisk eggs gently while slowly pouring in the chicken stock, sake, and soy sauce. Divide the mushroom and chicken evenly between two small tea cups.
- Pour the egg mixture into each cup until filled.
- Bring about 1 inch of water to a boil in a steamer or saucepan. Reduce heat to a simmer, and place cups into the steamer. Cover, and steam for 12 minutes, or until egg is firm but soft and silky like tofu.
- Garnish each cup with a sprig of parsley, and serve.

## Nutrition Facts

**PROTEIN 55.44%** **FAT 40.37%** **CARBS 4.19%**

## Properties

Glycemic Index:39.5, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:10.299999962682%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

## Nutrients (% of daily need)

Calories: 144.5kcal (7.22%), Fat: 6.21g (9.55%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.47g (0.53%), Cholesterol: 193.43mg (64.48%), Sodium: 561.33mg (24.41%), Alcohol: 0.08g (100%), Alcohol %: 0.05% (100%), Protein: 19.19g (38.38%), Selenium: 24.44µg (34.92%), Vitamin B3: 6.85mg (34.24%), Phosphorus: 213.92mg (21.39%), Vitamin B2: 0.3mg (17.41%), Vitamin K: 16.88µg (16.08%), Vitamin B6: 0.32mg (16.07%), Vitamin B5: 1.13mg (11.27%), Vitamin B12: 0.63µg (10.54%), Iron: 1.52mg (8.43%), Potassium: 285.36mg (8.15%), Zinc: 1.13mg (7.53%), Folate: 29.66µg (7.41%), Calcium: 68.33mg (6.83%), Vitamin A: 334.07IU (6.68%), Vitamin D: 0.94µg (6.29%), Copper: 0.12mg (6.23%), Vitamin E: 0.75mg (4.98%), Magnesium: 19.18mg (4.8%), Vitamin B1: 0.04mg (2.99%), Manganese: 0.04mg (2.17%), Vitamin C: 1.33mg (1.61%)