

Easy Chinese Egg Tart

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-egg-tart-recipe>

Ingredients:

- tart shell recipe of your choice, or use pre-made tart shells
- 3/4 cup 2% milk
- 2 1/2 tablespoons water
- 3 large eggs
- 1/4 cup sugar
- 1/2 teaspoon salt

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 160 milligrams
4. Fat: 4.5 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 380 milligrams
8. Sugar: 15 grams

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