

# Chinese Stir Fried Tomato and Egg

Yield: 3 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-breakfast-dumplings-recipe>

## Ingredients:

- 4 large eggs
- 1 teaspoon rice vinegar
- 1/4 teaspoon salt
- 1 teaspoon sesame oil
- 1 tablespoon vegetable oil
- 2 medium tomatoes sliced into wedges
- 1/2 teaspoon sugar
- 2 scallions sliced into 1" pieces

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 280 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 300 milligrams
9. Sugar: 4 grams

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