

# Chinese Vegetable – Spinach with 3 types of Eggs

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 250 grams Chinese spinach – locals call this “Bayam” or yin choi, ??
- 1 1/2 cups home made chicken stock + 1/2 Cup water
- 2 tablespoons wolfberries gou qi zi ???
- 1 century egg cleaned and sliced
- 1 egg cooked salted, cleaned, hard boiled and sliced
- 1 egg beaten
- 1 teaspoon salt
- 2 ground white pepper
- sesame oil a small drizzle of
- 1 tablespoon cornstarch mixed with 1/3 Cup water.

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 105 milligrams
4. Fat: 8 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 630 milligrams

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