

Chicken Egg Foo Young

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chicken-omelette-recipe>

Ingredients:

- pancakes Foo young
- 6 large eggs
- 1/2 cup chicken broth
- 2 ounces shiitake mushrooms sliced in to thin strips
- 1/4 cup bean sprouts
- 1/4 red bell pepper sliced in to thin strips
- 1 scallion finely chopped
- 2 ounces cooked chicken finely chopped
- 2 garlic cloves finely chopped
- 1 tablespoon vegetable oil
- sauce Foo young
- 1 cup chicken broth
- 2 1/2 tablespoons soy sauce
- 2 teaspoons rice vinegar
- 2 teaspoons granulated sugar
- 1 tablespoon corn starch mixed with 1 tbsp water
- 1 teaspoon sesame oil
- 1 scallion finely chopped

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 380 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 4 grams
8. Sodium: 960 milligrams
9. Sugar: 7 grams

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