

# Hong Kong Eggettes (Daan Jai)

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 1 cup flour 140 g
- 1 1/2 teaspoons baking powder
- 1 tablespoon custard powder
- 2 tablespoons tapioca starch
- 1/4 teaspoon salt
- 2 eggs
- 1 cup sugar
- 2 tablespoons evaporated milk
- 1/2 cup water
- 1 teaspoon vanilla extract
- 2 tablespoons vegetable oil
- 1/2 cup cacao nibs optional
- 1/2 cup bittersweet chocolate optional
- 1 1/2 teaspoons matcha powder optional
- 3/4 cup black sesame seeds optional

## Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 105 grams
3. Cholesterol: 110 milligrams
4. Fat: 35 grams
5. Fiber: 7 grams
6. Protein: 13 grams
7. SaturatedFat: 10 grams
8. Sodium: 400 milligrams
9. Sugar: 65 grams

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