

# Steamed Egg - A Chinese Comfort Food

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-comfort-food-recipe>

## Ingredients:

- 3 eggs
- water same volume as eggs
- vegetable stock same volume as eggs
- salt to taste
- 1 teaspoon sesame oil
- scallion Chopped

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 160 milligrams
4. Fat: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 990 milligrams
8. Sugar: 2 grams

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