

Shrimp Egg Foo Yung

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-takeaway-chicken-foo-yung-recipe-uk>

Ingredients:

- 8 ounces bean sprouts fresh, rinsed and drained
- 1 cup shrimp cooked small
- 8 eggs beaten
- 4 1/2 ounces sliced mushrooms
- 2 green onions large, chopped
- 1/2 teaspoon salt
- 3 tablespoons vegetable oil
- 1 1/2 cups chicken broth
- 2 tablespoons soy sauce
- 1/4 teaspoon salt
- ground white pepper to taste
- 2 tablespoons cornstarch
- 2 tablespoons cold water

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 340 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 19 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 760 milligrams
9. Sugar: 1 grams

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