

Chinese Egg and Tomato Stir-Fry

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-eggs-and-tomatoes-recipe>

Ingredients:

- 4 eggs at room temperature
- 2 tablespoons Shaoxing wine
- 1 teaspoon chicken stock granules optional
- 1 1/2 teaspoons salt
- 1 dash ground white pepper
- 4 tablespoons cooking oil divided
- 2 medium tomatoes cut into small wedges
- 1 1/2 teaspoons sugar
- 2 stalks scallions cut into 1-inch pieces

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 210 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1050 milligrams
9. Sugar: 4 grams

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