

Chinese Egg Wraps

Yield: 8 min
Total Time: 55 min

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

Ingredients:

- 2 cups chicken
- 2 carrots
- 1/2 head cabbage
- 2 capsicum
- 2 tablespoons soy sauce
- 2 tablespoons chili sauce
- 2 tablespoons oyster sauce
- black pepper powder 1 tsp, or according to taste
- salt To taste
- 1 teaspoon salt optional
- 3 garlic cloves
- 1 teaspoon ginger
- 3 green chilies
- 3 tablespoons vegetable oil
- 2 cups plain flour
- 2 eggs
- 2 1/2 cups water
- 1 1/2 teaspoons salt
- 2 tablespoons cornflour
- 1/4 cup water

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 95 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 1.5 grams

8. Sodium: 1410 milligrams
 9. Sugar: 3 grams
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