

# Tumis Oyong dan Telur - Chinese Okra and Egg Stir Fry

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 2 tablespoons cooking oil
- 2 eggs lightly beaten
- 2 cloves garlic Indonesian: bawang putih, minced
- 2 chinese okra Indonesian: oyong, peeled and chopped into bite sizes
- 1 teaspoon salt
- 1/2 teaspoon ground white pepper
- 2 tablespoons water

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 105 milligrams
4. Fat: 9 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 630 milligrams

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