

# Stir Fried Chinese Okra With Eggs

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 2 chinese okra about almost 2 lbs.
- 4 chopped garlic crushed and coarsely
- 1 whole egg
- 4 eggs white
- 1 tablespoon olive oil
- 1 tablespoon soy sauce thin
- 1/2 tablespoon soy sauce seasoning
- 1 pinch stevia
- 1/3 cup water

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 265 milligrams
4. Fat: 10 grams
5. Protein: 8 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 430 milligrams
8. Sugar: 1 grams

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