

Chinese Prawn Omelette (?????)

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-prawn-omelette-recipe-youtube>

Ingredients:

- 9/16 pound shrimps
- 4 eggs
- 3 sprigs spring onion
- 1 tablespoon corn starch mixed with 3 tablespoons of water
- 1 tablespoon corn starch
- 1 teaspoon Chinese cooking wine
- 1 pinch salt
- 1 dash white pepper
- 1 egg white

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 305 milligrams
4. Fat: 6 grams
5. Protein: 20 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 250 milligrams
8. Sugar: 1 grams

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