

Jian Bing (Chinese Crepes)

Yield: 1 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-greens-with-black-bean-sauce>

Ingredients:

- 2 tablespoons millet flour
- 2 tablespoons soy milk
- 1/2 teaspoon vegetable oil
- 1 teaspoon water if needed
- 1 tablespoon black bean sauce Chinese
- 1 teaspoon water
- 1/2 teaspoon pepper sauce Asian chile, or to taste
- 1 teaspoon water
- cooking spray
- 1 egg beaten
- 1/2 green onion sliced
- 1 tablespoon cilantro leaves torn fresh
- 2 whole crackers

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 210 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 2 grams
8. Sodium: 410 milligrams
9. Sugar: 6 grams

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