

Homemade Egg Foo Young

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 4 eggs beaten
- 1/2 pound cooked shrimp chopped
- 1/2 cup onion chopped
- 1/2 cup mushrooms chopped
- 1 cup bean sprouts
- 2 tablespoons soy sauce
- 1 teaspoon cornstarch
- green onion chopped, for garnish, optional
- beef gravy or homemade egg foo young gravy, see below
- vegetable oil

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 320 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 2 grams
8. Sodium: 650 milligrams
9. Sugar: 2 grams

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