

Egg Tofu With Mixed Vegetables

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-tofu-mixed-vegetables-recipe>

Ingredients:

- 4 rolls tofu cut into few pieces
- 5 1/4 ounces chicken breast meat cubed
- 1 15/16 cups frozen vegetables mixed, defrost and washed
- 1/2 teaspoon light soy sauce
- 1/2 teaspoon tapioca flour
- 1 dash white pepper powder
- 1/2 tablespoon oyster sauce
- 1/2 teaspoon salt or to taste

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 25 milligrams
4. Fat: 1.5 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. Sodium: 460 milligrams

Thank you for visiting our website. Hope you enjoy Egg Tofu With Mixed Vegetables above. You can see more 17 chinese tofu mixed vegetables recipe Experience flavor like never before! to get more great cooking ideas.