

Chinese Tomato and Egg Stir-fry

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-chinese-breakfast-recipe>

Ingredients:

- 1 scallion chopped into small pieces
- 2 eggs
- 3 tomatoes medium-size
- olive oil 1 tbsp
- sugar 1 tsp
- salt to taste

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 105 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 230 milligrams
9. Sugar: 8 grams

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