

CHINESE-STYLE FRIED BITTER GOURD OMELETTE

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-chinese-bitter-gourd-recipe>

Ingredients:

- 3 1/2 ounces bitter gourd
- 3 eggs
- coriander Some Chinese, for garnishing, optional
- 1/2 teaspoon light soy sauce
- 1/2 teaspoon sesame oil
- 1/8 teaspoon white pepper
- 1/8 teaspoon salt or a good pinch
- 2 tablespoons cooking oil

Nutrition:

1. Calories: 120 calories
2. Cholesterol: 160 milligrams
3. Fat: 11 grams
4. Protein: 5 grams
5. SaturatedFat: 1.5 grams
6. Sodium: 160 milligrams

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