

Foo Young Hai

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/foo-yong-hai-chinese-recipe>

Ingredients:

- 6 eggs
- 4 skinless boneless chicken thighs
- 2 leeks
- 1 mushrooms tray of
- 1/2 teaspoon salt
- 3/4 teaspoon pepper
- 1 cup tomato ketchup
- 1/3 cup sugar
- 6 tablespoons ketjap manis sweet soya sauce
- 2 teaspoons ginger
- 2 cups cooked rice

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 385 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 38 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 2710 milligrams
9. Sugar: 34 grams

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