

Asian Fried Zucchini “Noodles”

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/gomasio-recipe-japanese-cooking>

Ingredients:

- 2 eggs
- 1 zucchini large
- oil for frying, I usually use coconut oil, lard, or ghee
- 1 dash soy sauce
- 1 dash sesame oil
- 1 teaspoon gomasio or toasted sesame seeds

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 105 milligrams
4. Fat: 8 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 50 milligrams
8. Sugar: 2 grams

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