

Japanese Egg Sandwich (Tamago Sando)

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/hokkaido-swiss-roll-recipe>

Ingredients:

- 6 eggs large Pete and Gerry's Organic
- 1/4 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 teaspoons milk or plant milk, Optional, Footnote 1
- 4 tablespoons Japanese Mayonnaise
- 4 slices milk bread Japanese
- 2 tablespoons unsalted butter softened
- chives sliced, for garnish, Optional

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 335 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 7 grams
8. Sodium: 530 milligrams
9. Sugar: 3 grams

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