

# Tahu Telur (Indonesian Tofu Omelette Salad)

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indonesian-tofu-recipe>

## Ingredients:

- 1 block medium tofu or soft, cut into small cubes or roughly chopped them
- 4 eggs beaten
- 2 cups shredded lettuce
- 1 cup bean sprouts blanched
- 1 tablespoon cooking oil
- 1 tablespoon green onion finely chopped
- 1 tablespoon tamarind paste seedless
- 1 clove garlic grated
- 3 tablespoons hot water
- 2 tablespoons creamy peanut butter
- 1 tablespoon kecap manis
- 1/2 teaspoon salt

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 210 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 19 grams
7. SaturatedFat: 4 grams
8. Sodium: 660 milligrams
9. Sugar: 2 grams

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