

Egg Foo Young

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/egg-foo-young-indian-recipe>

Ingredients:

- 6 large eggs
- 3 1/2 ounces bean sprouts
- 3 1/2 ounces ground pork
- 8 shrimps large, peeled
- 4 shiitake sliced
- 2 spring onions chopped
- 1 teaspoon sesame oil
- 2 teaspoons oyster sauce
- 1 tablespoon soy sauce
- ground white pepper
- oil
- 1 1/2 cups beef stock rich
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1 1/2 tablespoons cornstarch
- spring onions chopped, to garnish, optional

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 355 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 5 grams
8. Sodium: 970 milligrams
9. Sugar: 2 grams

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