

# Japanese Okonomiyaki

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-japanese-okonomiyaki-recipe>

## Ingredients:

- 1 cup flour Okonomiyaki, or plain flour
- 3/4 cup water
- 3 eggs lightly beaten
- 7 1/8 cups cabbage finely shredded
- 1 carrot grated or finely sliced
- 4 spring onions sliced, half for recipe, half for decoration, optional
- vegetable oil
- sauce Okonomiyaki
- Japanese Mayonnaise
- aonori
- dried bonito flakes
- pickled ginger

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 160 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 2 grams
8. Sodium: 260 milligrams
9. Sugar: 5 grams

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