

# Japanese Omelette with Miso Mayo

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-mayo-chicken-recipe>

## Ingredients:

- 3 eggs
- 1 teaspoon soy sauce
- 2 scallions green onions, sliced
- 1 teaspoon white miso paste
- 2 tablespoons mayonnaise
- 1 avocado small, 1/2 large, halved

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 160 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 240 milligrams
9. Sugar: 2 grams

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