

# Omurice

Yield: 2 min  
Total Time: 17 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-omelette-omurice-recipe>

## Ingredients:

- 3 large eggs
- 1/4 cup heavy cream
- 1/4 teaspoon salt
- 1 teaspoon vegetable oil
- 1/2 onion small, diced
- 1/3 carrot peeled, and diced
- 1 clove garlic minced
- 1 1/8 cups cooked chicken 5.6 ounces
- 1 5/8 cups cooked rice 9.2 ounces
- 3 tablespoons ketchup

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 435 milligrams
4. Fat: 34 grams
5. Fiber: 1 grams
6. Protein: 33 grams
7. SaturatedFat: 14 grams
8. Sodium: 740 milligrams
9. Sugar: 8 grams

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