

1 egg tamagoyaki (Japanese omelette)

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 large egg
- 1 tablespoon water
- 1 teaspoon soy sauce regular or light-colored; here I used regular, since that's all I had in stock
- 1/2 teaspoon sugar
- 1 tablespoon bonito flakes optional, for added flavor
- vegetable oil for cooking

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 55 milligrams
4. Fat: 6 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 95 milligrams
8. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy 1 egg tamagoyaki (Japanese omelette) above. You can see more 18 japanese sweet rolled omelette recipe Ignite your passion for cooking! to get more great cooking ideas.