

Spinach Tamagoyaki (Spinach-packed omelette)

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 bunch fresh spinach washed, OR
- 6 1/2 ounces spinach 2/3rd of a box frozen leaf
- 1 onion small
- 1/2 garlic clove
- 5 large eggs
- 1/2 teaspoon salt
- black pepper
- 1 teaspoon soy sauce
- 1 pinch sugar
- 1 tablespoon olive oil divided

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 300 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 15 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 640 milligrams
9. Sugar: 2 grams

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