

Japanese Omelet- Tamagoyaki

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/tamagoyaki-recipe-japanese-cooking-101>

Ingredients:

- 5 eggs
- 1 tablespoon sugar
- 1 teaspoon mirin
- 1 teaspoon soy sauce or tamari for gluten free
- cooking spray for baking dish

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 265 milligrams
4. Fat: 6 grams
5. Protein: 8 grams
6. SaturatedFat: 2 grams
7. Sodium: 160 milligrams
8. Sugar: 4 grams

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