

Japanese Rolled Omelette

Yield: 8 min
Total Time: 35 min

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

Ingredients:

- 5 large eggs
- 4 1/4 ounces cake hanpen fish,
- 2 tablespoons sugar I used muscovado sugar
- 1 tablespoon honey
- 1 tablespoon mirin
- 1 tablespoon dashi
- 1 teaspoon sake
- 1 teaspoon soy sauce usukuchi

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 140 milligrams
4. Fat: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 135 milligrams
8. Sugar: 6 grams

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