

# Japanese Ajitsuke Tamago

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-shave-ice-recipe>

## Ingredients:

- 4 eggs fresh
- 3 tablespoons tamari see ingredient notes above
- 3 tablespoons rice vinegar see ingredient notes above
- 3 tablespoons water
- ice cubes
- artificial sweetener to taste, optional
- sesame seeds for serving
- shichimi togarashi for serving

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 210 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 2 grams
8. Sodium: 830 milligrams
9. Sugar: 1 grams

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