

Scrambled Eggs with Oysters

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-oyster-omelette>

Ingredients:

- 1/4 cup ketchup
- 1 clove garlic peeled and finely minced
- 1/4 cup potato flour sweet
- 1 teaspoon dark soy sauce Chinese
- 10 oysters –12 shucked small
- 2 eggs
- 2 tablespoons lard
- 2 tablespoons chopped celery finely
- cilantro 2 stems, without leaves, chopped
- 2 cups mung bean sprouts heads and tails trimmed
- 1 scallion white part only, trimmed and chopped
- ground white pepper Freshly

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 240 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 16 grams
7. SaturatedFat: 7 grams
8. Sodium: 710 milligrams
9. Sugar: 13 grams

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