

Japanese Tamago Egg

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-japanese-tamago>

Ingredients:

- 4 eggs
- 1/4 cup dashi stock prepared
- 1 tablespoon white sugar
- 1 teaspoon mirin Japanese sweet wine
- 1/2 teaspoon soy sauce
- 1/2 teaspoon vegetable oil or more as needed

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 140 milligrams
4. Fat: 4 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 85 milligrams
8. Sugar: 2 grams

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