

# Vegan Tamagoyaki (Japanese Rolled Omlette)

Yield: 2 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/rice-flour-crackers-japanese-recipe>

## Ingredients:

- 170 grams silken tofu
- 2 tablespoons nagaimo grated\*
- 1 tablespoon Japanese soy sauce
- 1 tablespoon mirin
- 1/4 cup kombu dashi stock
- 1/2 cup water
- 1 tablespoon cane sugar
- 1/2 cup flour mung bean
- 2 tablespoons rice flour
- 1/4 teaspoon baking powder
- 1 teaspoon nutritional yeast 5g, optional
- 1/2 teaspoon black salt
- 1/3 teaspoon salt
- 1 pinch turmeric optional for colour
- 200 grams silken tofu
- 1/2 cup water
- 1 tablespoon sugar
- 1/2 cup flour split mungbean
- 2 tablespoons rice flour
- 1/4 teaspoon baking powder
- 1 teaspoon nutritional yeast 5g, optional
- 1/2 teaspoon black salt
- 1/3 teaspoon salt
- 1 pinch turmeric optional for colour

## Nutrition:

1. Calories: 530 calories

2. Carbohydrate: 85 grams
  3. Fat: 10 grams
  4. Fiber: 4 grams
  5. Protein: 25 grams
  6. SaturatedFat: 2 grams
  7. Sodium: 2570 milligrams
  8. Sugar: 13 grams
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