

Chinese Tomato Egg Stir-fry ????

Yield: 3 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-scrambled-eggs-chinese-recipe>

Ingredients:

- 5 large tomatoes quarter wedges
- 5 large eggs beaten
- 1 teaspoon essence Chicken, Powder
- 1 tablespoon Shaoxing cooking wine
- 5 cloves garlic rough chopped
- 2 tablespoons vegetable oil
- salt to taste
- fresh cilantro rough chop for garnish, optional
- green onions Finely chopped, garnish, optional

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 355 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 3 grams
8. Sodium: 390 milligrams
9. Sugar: 7 grams

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