



Chinese Steamed Egg

Makes :2 Servings




Procedure:

Ingredients:

3 eggs
¼ tsp. salt
2 tsp. green onion, minced

1. Beat the eggs well. Add the salt and beat. Pour into two small ramekins. Pour a half inch of water into the bottom of a steamer pot. Place the ramekins into the top of the steamer and heat over medium high. Steam until the eggs are cooked through (about 20 minutes). Top with the green onions.



Nutrition Facts
Serving Size: 1 ramekin
Calories: 108
Fat: 7g
Carbohydrates: 0g
Protein: 9g