

# Shrimp Egg Foo Yung

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

## Servings: 6

4 eggs, beaten  
1 cup fresh bean sprouts  
1/2 cup celery, thinly sliced  
1/2 cup green onions, chopped  
1 package (10 ounce) frozen cooked shrimp, thawed and drained  
1 teaspoon chicken-flavored bouillon granules  
vegetable cooking spray

## SAUCE

2 tablespoons cornstarch  
1/4 cup water  
1 3/4 cups water  
1 tablespoon soy sauce  
1 teaspoon chicken-flavored bouillon granules

Prepare the sauce: In a small saucepan, combine the cornstarch and 1/4 cup of water, stirring until blended. Add the remaining ingredients. Cook over medium heat, stirring constantly, until the bouillon dissolves and the sauce is thickened. Yield two cups. Set aside.

In a bowl, combine the first six ingredients. Let the mixture stand for 10 minutes.

Coat a large nonstick skillet with cooking spray. Place over medium heat until hot. For each patty, spoon 1/4 cup of the egg mixture into the skillet. Shape into a patty with a spatula as it cooks. Cook until the patty is lightly browned on one side. Turn and cook until the patty is set and lightly browned on the other side. Repeat until all of the egg mixture is used.

Serve with the sauce.

---

Per Serving (excluding unknown items): 65 Calories; 3g Fat (47.0% calories from fat); 5g Protein; 4g Carbohydrate; trace Dietary Fiber; 141mg Cholesterol; 231mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	65	Vitamin B6 (mg):	.1mg
% Calories from Fat:	47.0%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	24.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	28.6%	Riboflavin B2 (mg):	.2mg
			24mcg

**Total Fat (g):** 3g  
**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 141mg  
**Carbohydrate (g):** 4g  
**Dietary Fiber (g):** trace  
**Protein (g):** 5g  
**Sodium (mg):** 231mg  
**Potassium (mg):** 101mg  
**Calcium (mg):** 29mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 207IU  
**Vitamin A (r.e.):** 51RE

**Folacin (mcg):**  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 65 Calories from Fat: 31

### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	1g	5%
<b>Cholesterol</b>	141mg	47%
<b>Sodium</b>	231mg	10%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	2%
<b>Protein</b>	5g	
<b>Vitamin A</b>		4%
<b>Vitamin C</b>		4%
<b>Calcium</b>		3%
<b>Iron</b>		5%

\* Percent Daily Values are based on a 2000 calorie diet.