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## Stir-Fried Egg and Tomato

Stir-Fried Egg and Tomato is a classic Chinese dish that is quick and easy to make. It is a popular comfort food and is often served with rice or noodles. The dish combines the flavors of scrambled eggs and sautéed tomatoes, creating a savory and slightly sweet taste. It can be enjoyed for breakfast, lunch, or dinner.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

<b>4</b>	Eggs
<b>pieces</b>	
<b>400 g</b>	Tomatoes
<b>2 tbsp</b>	vegetable oil
<b>1 tsp</b>	salt

1 tsp	sugar
1 tbsp	soy sauce
2 pieces	Green onion

## Directions

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### Step 1

Beat the eggs in a bowl and set aside.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Cut the tomatoes into wedges and slice the green onions.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Heating

Heat the vegetable oil in a pan over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 4

Stir-frying

Add the tomatoes to the pan and cook until they start to soften.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 5

Stir-frying

Push the tomatoes to one side of the pan and pour the beaten eggs into the other side.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 6

Stir-frying

Scramble the eggs until they are almost cooked, then mix them with the tomatoes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 7

## Stirring

Add salt, sugar, and soy sauce to the pan and stir well.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

## Step 8

Garnish with sliced green onions and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 120 kcal

**Fat:** 7 g

**Protein:** 6 g

**Carbohydrates:** 8 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	7 g	25%	28%
Cholesterol	186 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	14 mcg	25.45%	25.45%

## Recipe Attributes

### Seasonality

Spring

Summer

Fall

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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