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## Korean-Style Steamed Eggs <sup>♦♦</sup>

Korean-Style Steamed Eggs are a traditional Korean dish made by steaming beaten eggs with various ingredients. It is a popular side dish in Korean cuisine and is often enjoyed with rice and other side dishes. The eggs are light, fluffy, and savory, making them a delicious addition to any meal.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

<b>4</b>	Eggs
<b>pieces</b>	
<b>1 c</b>	water
<b>1 tsp</b>	salt
<b>2 stalks</b>	scallions

2 tbsp soy sauce

2 tsp sesame oil

## Directions

### Step 1

Mixing

In a mixing bowl, beat the eggs until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Mixing

Add water and salt to the beaten eggs and mix well.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

### Step 3

Cutting

Chop the scallions into small pieces and add them to the egg mixture.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Preparation

Pour the egg mixture into a heatproof dish and cover it with aluminum foil.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Steaming

Place the dish in a steamer and steam for 10-15 minutes, or until the eggs are set.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 6

Resting

Remove the dish from the steamer and let it cool for a few minutes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Serving

Drizzle soy sauce and sesame oil over the steamed eggs before serving.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 8 g

**Protein:** 10 g

**Carbohydrates:** 2 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	370 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	10 mcg	66.67%	66.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	2 mg	0.06%	0.08%
Zinc	8 mg	72.73%	100%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Cuisines

Korean

### Kitchen Tools

Slow Cooker

Blender

Oven

### Events

Picnic

### Course

Snacks

Appetizers

Side Dishes

Drinks

Salads

Soups

Sauces & Dressings

### Diet

Anti-Inflammatory Diet

### Nutritional Content

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Cultural

Chinese New Year

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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