

**All Recipes** 

Al Recipe Builder

**Similar Recipes** 

# Korean-Style Steamed Eggs \*

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**

4 pieces	Eggs
1 c	water
1 tsp	salt
2 stalks	scallions

2 tbsp soy sauce

2 tsp sesame oil

## **Directions**

#### Step 1



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

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 2



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

Prep Time: 2 mins

Cook Time: 0 mins

#### Step 3



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

Prep Time: 1 mins

Cook Time: 0 mins

#### 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

### 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

#### 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

#### 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)
----------	-------	------------------------------	--------------------------------

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

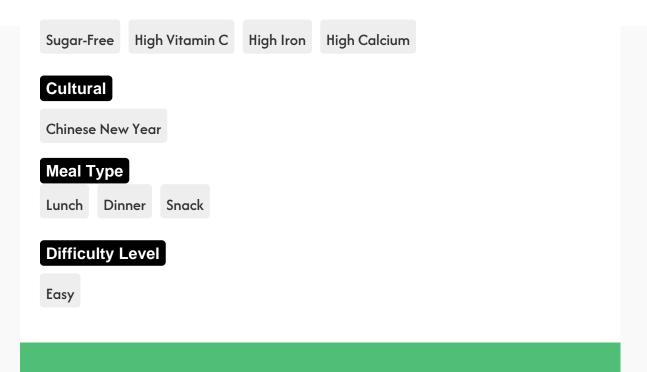
Course

Snacks Appetizers Side Dishes Drinks Salads Soups Sauces & Dressings

Diet

Anti-Inflammatory Diet

**Nutritional Content** 



Visit our website: healthdor.com