

fried sun egg

Cuisine: **Chinese**
Food category: **Breakfast**



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Program steps

Preheating: 145 °C

1

 Combination

 50 %

 Termination by time

 08:00 mm:ss

 130 °C

 80 %



Ingredients - number of portions - 10		
Name	Value	Unit
chicken eggs	60	g

Nutrition and allergens

Allergens: 3
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	9.1 kJ
Carbohydrate	0.1 g
Fat	0.7 g
Protein	0.7 g
Water	0 g

Directions

◇ Break the eggs into the egg tray, Teflon coated omelette tray, cooking does not stick

◇ Add a little oil to the egg plate and use high temperature to create a fried crispy effect

◇ No oil is added to the egg plate, and the surface of the egg is directly steamed and baked with a smooth taste

◇ Reduce the wind speed and evenly heat the area to avoid overcooking of the outer ring and the egg yolk in the center

◇ Fried fully cooked sun-dried eggs, poke the yolk before cooking, and the flat surface is evenly exposed to the wind

◇ No matter sun-dried eggs, scallion eggs are produced in large quantities, and the non-stick omelette plate is easy to make

Recommended accessories



Vision Snack