

# My Mother's Chinese Chicken and Corn Soup

Yield: 5 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-chicken-and-corn-soup-recipe>

## Ingredients:

- 6 cups chicken stock
- 4 tablespoons cornstarch
- 4 tablespoons cold water
- 6 1/3 ounces chicken breast sliced
- 1 teaspoon cornstarch
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 13/16 cup creamed corn tin of
- 1 3/8 cups corn tin of, kernel, drained
- 1 egg beaten
- 2 teaspoons salt or to taste
- 2 teaspoons sugar or to taste
- 3 drops sesame oil and ground white pepper to season

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 75 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 1770 milligrams
9. Sugar: 10 grams

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