

# Lauki Soup

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/bitter-gourd-soup-recipe-chinese-vegetarian>

## Ingredients:

- 1 bottle gourd lauki peeled and diced, about 2.5 - 3 cups
- 1 teaspoon olive oil
- 3 medium garlic cloves minced
- 1 green chilli
- 1 onions medium, finely chopped
- 1 1/2 cups water
- salt
- black pepper
- cilantro coriander leaves for garnish, optional

## Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 6 grams
3. Fat: 1.5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. Sodium: 210 milligrams
7. Sugar: 2 grams

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