

# Chinese Black Bean Soup

Yield: 2 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-chinese-black-bean-soup-recipe>

## Ingredients:

- 7 ounces pork ribs
- 1 dried cuttlefish
- 8 7/16 cups water
- 3/4 cup black beans rinsed thoroughly till water runs clear
- 8 dates

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 65 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 330 milligrams
9. Sugar: 15 grams

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