

Low-Carb Ramen With Poached Eggs

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-breakfast-noodle-soup-recipe>

Ingredients:

- 7 ounces shirataki noodles packages konjac/
- 1 quart bone broth chicken
- 2 teaspoons turmeric
- 1/2 teaspoon garlic powder or 3 cloves fresh garlic, minced
- 2 teaspoons soy sauce traditional
- salt
- pepper
- 3 cups water
- 4 eggs fresh

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 425 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 3 grams
8. Sodium: 860 milligrams
9. Sugar: 1 grams

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