

Chinese Chicken and Rice Corn Soup

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-chinese-chicken-and-rice-recipe>

Ingredients:

- 1/4 cup sliced shallots thinly
- 1/4 cup canola oil
- 1 tablespoon sesame oil
- 1 tablespoon chili oil
- 2 tablespoons scallions thinly sliced
- 1 tablespoon oil
- 1 shallot finely chopped
- 1 teaspoon fresh ginger minced
- 1 teaspoon garlic minced
- 14 ounces creamed corn canned
- 2 cups chicken broth
- 2 cups cooked rice
- 1 cup chicken shredded
- 1 egg beaten
- salt
- pepper

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 90 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 3 grams
8. Sodium: 580 milligrams
9. Sugar: 3 grams

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