

# Chinese Chicken Corn Soup

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 1 chicken
- 10 cups water
- salt to taste
- 1 celery stick
- 1 green onion
- 1 carrot
- 1 corn
- 2 tablespoons soya sauce
- 1 tablespoon vinegar
- chili sauce optional
- 2 tablespoons corn flour
- 1 egg
- black pepper freshly ground ½-1 tsp

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 300 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 79 grams
7. SaturatedFat: 4 grams
8. Sodium: 1030 milligrams
9. Sugar: 2 grams

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