

Chinese Chicken And Sweet Corn Soup

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 1 leek cleaned and white part finely diced
- 1 tablespoon vegetable oil
- 4 cups chicken stock
- 1 chicken barbecue
- 425 grams creamed corn
- 2 eggs lightly beaten
- 3 spring onions finely sliced

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 240 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 59 grams
7. SaturatedFat: 3 grams
8. Sodium: 650 milligrams
9. Sugar: 6 grams

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