

# Chinese Corn And Crabmeat Soup

Yield: 2 min  
Total Time: 30 min

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

## Ingredients:

- 6 ounces crab meat tinned, drained
- 1 5/8 cups creamed corn
- 1 cup vegetable stock
- 1 teaspoon ginger grated
- 1 egg lightly beaten
- 4 tablespoons dry sherry
- spring onions sliced, or coriander, to serve.

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 170 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 1 grams
8. Sodium: 1540 milligrams
9. Sugar: 8 grams

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