

Chinese Chicken & Sweetcorn Soup

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 chicken breast or leg, deboned and finely sliced.
- 2 pints broth
- 1 1/2 cups milk
- 1 cup corn frozen or canned
- 1 egg separated
- 1 pinch sugar
- 1/2 teaspoon chicken powder
- 1 teaspoon Shaoxing wine
- 2 teaspoons light soy sauce
- 1 teaspoon ginger powder Ground
- 2 teaspoons corn starch
- 1 teaspoon water
- 1 1/2 teaspoons sesame oil
- 1 spring onion / scallion
- 1 teaspoon soy sauce bowl of
- 1 teaspoon rice wine vinegar bowl of Chinese, or Sherry Vinegar or white wine vinegar.

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 80 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 19 grams
7. SaturatedFat: 2 grams
8. Sodium: 1130 milligrams
9. Sugar: 7 grams

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