

# Egg Drop Soup with Crab

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 6 cups chicken broth
- 398 milliliters corn whole miniature, drained and cut in halves
- 1 tablespoon fresh ginger grated
- 120 grams crabmeat chunk, drained
- 1/2 cup frozen peas
- 2 teaspoons rice vinegar
- 1 tablespoon less sodium soy sauce
- 1/4 cup cornstarch dissolved in 1/4 cup water
- 3 large eggs lightly beaten
- ground white pepper to taste
- 3 green onions thinly sliced
- hot sauce optional

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 180 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 21 grams
7. SaturatedFat: 1 grams
8. Sodium: 480 milligrams
9. Sugar: 4 grams

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