

Chinese Chicken And Rice Soup (Food Network)

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 4 large eggs
- salt
- pepper
- 2 tablespoons peanut oil
- 1/2 cup chopped tomatoes
- 1/4 cup green onion chopped
- 1 tablespoon sesame oil
- 2 teaspoons soy sauce
- 1 cup rotisserie chicken shredded, skin removed
- 4 cups baby spinach
- 1 1/2 cups cooked rice white, brown or wild
- 3 cups water
- 4 cups low sodium chicken broth

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 295 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 4 grams
8. Sodium: 550 milligrams
9. Sugar: 1 grams

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