

# Chinese Glass Noodle Soup

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 2 ounces bean threads uncooked, cellophane noodles
- 43 1/2 ounces chicken broth
- 1 clove garlic minced
- 2 tablespoons fresh ginger root thin strips
- 4 pieces lemongrass fresh, minced
- 2 skinless boneless chicken breast halves cut into 1/2-inch strips
- 6 large shrimp peeled and deveined
- 2 tablespoons lime juice
- 2 tablespoons fish sauce
- 1 jalapeno pepper cut into 8 thin slices
- 1/4 cup chopped fresh cilantro

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 27 grams
3. Fat: 3 grams
4. Protein: 8 grams
5. Sodium: 790 milligrams
6. Sugar: 1 grams

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