

# Hot & Sour Glass Noodle Soup

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- maifun
- 3 ounces glass noodles
- 1 tablespoon vegetable oil
- 3 garlic cloves minced
- 2 teaspoons ginger freshly grated
- 4 cups vegetable broth
- 1 tablespoon lime juice
- 1 tablespoon maple syrup or agave
- 1 tablespoon sambal oelek or to taste
- 1 tablespoon soy sauce
- 1 cup shiitake sliced, caps
- 1 1/2 cups snap peas
- 1 small carrot julienned
- scallions chopped
- fresh cilantro or basil leaves
- toasted sesame seeds

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 31 grams
3. Fat: 4.5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 1180 milligrams
7. Sugar: 7 grams

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