

Chinese Yam Soup

Yield: 4 min
Total Time: 130 min

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

Ingredients:

- 1 1/8 pounds chicken parts with skin removed, or use 2 - 3 chicken carcasses
- 4 dried scallops soaked in 1/2 cup water, reserve soaking water
- 2 dates dried honey, optional
- 3/4 pound japanese mountain yam
- 2 tablespoons goji berries
- 6 dates dried red
- 5 1/2 cups water
- salt to taste

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 100 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 5 grams
8. Sodium: 320 milligrams
9. Sugar: 9 grams

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