

Chinese Black Chicken Soup with Goji Soup

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-jujube-tea-recipe>

Ingredients:

- 1 1/8 pounds chicken meat
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- 3 1/2 ounces jujube
- 4 tablespoons goji
- 3/4 ounce onions
- 1 2/3 tablespoons ginger slices
- 1/8 ounce chicken powder
- 1/8 tablespoon salt
- cooking wine
- cooking oil

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 320 milligrams
4. Fat: 25 grams
5. Fiber: 1 grams
6. Protein: 106 grams
7. SaturatedFat: 6 grams
8. Sodium: 1160 milligrams
9. Sugar: 1 grams

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