

# Lotus Root & Pork Soup

Yield: 4 min  
Total Time: 420 min

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

## Ingredients:

- 2 pounds pork ribs or pork neck bones
- 1 cup seaweed re-hydrated, optional
- 1 pound lotus root
- 4 slices ginger
- 1 tablespoon goji berries dried, optional
- 12 cups cold water
- salt to taste
- 1 scallion finely chopped
- 2 pounds pork ribs or pork neck bones, 900g
- 1 cup seaweed re-hydrated, optional
- 1 pound lotus root 450g
- 4 slices ginger
- 1 tablespoon goji berries dried, optional
- 12 cups cold water
- salt to taste
- 1 scallion finely chopped

## Nutrition:

1. Calories: 1440 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 365 milligrams
4. Fat: 104 grams
5. Fiber: 12 grams
6. Protein: 75 grams
7. SaturatedFat: 36 grams
8. Sodium: 920 milligrams

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