

# Chinese Watercress Soup (Sai Yong Choy Tong)

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 8 cups chicken broth
- 300 grams watercress fresh, washed
- 4 cloves garlic peeled and smashed with side of the knife
- 2 slices fresh ginger peeled and lightly bruised to release flavor
- 100 grams boneless skinless chicken thighs cut into small bite size
- 8 dates
- 1 large tomato quartered
- salt to taste
- 1/4 cup goji berries washed

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. Sodium: 400 milligrams
8. Sugar: 11 grams

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