

# Best Triple Delight Chinese

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 6 ounces beef
- 6 ounces chicken
- 11 shrimp 16 count
- 4 tablespoons corn starch
- 2 tablespoons Chinese cooking wine
- 1 egg white
- 4 ounces mushrooms
- 1/2 white onion sliced thin
- 20 water chestnuts
- 2 green onions
- 3 tablespoons cooking oil
- 1/2 teaspoon Chinese 5 spice
- 4 ounces snow peas
- 2 cloves garlic
- 1 1/2 tablespoons hoisin sauce Chinese
- 3 tablespoons soy sauce
- 4 ounces broccoli

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 80 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 4 grams
8. Sodium: 890 milligrams
9. Sugar: 5 grams

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