

# Chinese Sweet Almond Dessert Soup (with Egg White)- ???

Yield: 4 min  
Total Time: 141 min

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

## Ingredients:

- 11/16 cup almonds Chinese Southern, peeled
- 11/16 cup almonds unsalted, peeled or not peeled
- 5 3/16 tablespoons glutinous rice you can use regular jasmine or white rice too
- water for soaking
- 3 3/4 cups water
- 3 7/8 tablespoons rock sugar more or less to your preference
- 1 pinch salt
- 2 egg whites beaten until foamy

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 5 milligrams
4. Fat: 28 grams
5. Fiber: 7 grams
6. Protein: 14 grams
7. SaturatedFat: 3 grams
8. Sodium: 150 milligrams
9. Sugar: 8 grams

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