

Healthy Chinese Noodle Soup

Yield: 4 min
Total Time: 10 min

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

Ingredients:

- 1 egg
- 13 spices
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- noodles Moderate dried
- essence Moderate chicken
- salt Moderate
- oyster sauce Moderate
- soy sauce Moderate thin
- 13 spices
- sesame oil Moderate
- vegetables Moderate green
- green onions Moderate
- Moderate ham sausage Moderate ham

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 140 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 690 milligrams
9. Sugar: 1 grams

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