

# Seafood Opo Squash Soup

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/opo-squash-chinese-recipe>

## Ingredients:

- 4 ounces shrimps peeled and deveined
- 1 opo squash about 1.25 lbs
- 2 1/2 cups vegetable stock chicken stock, pork broth or kombu stock
- 1 tablespoon shallots minced
- 3 ounces crab meat
- 1 tablespoon fish sauce divided
- 1 1/2 tablespoons cornstarch or tapioca starch
- black pepper
- scallions sliced
- cilantro roughly chopped

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 60 milligrams
4. Fat: 1 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. Sodium: 1050 milligrams
8. Sugar: 2 grams

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