

Seafood Misua/Misoya Soup

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/best-chinese-misua-recipe>

Ingredients:

- 1 roll misua Misoya
- 2 garlic chopped finely
- 1/2 cup chinese cabbage
- 6 prawns large
- 1 squid large, cut into rings
- 1 egg beaten lightly
- 1 tablespoon shallots fried
- 1 tablespoon spring onions chopped
- 3/4 teaspoon corn flour mix with 1tbsp water, to thicken the soup
- 1 pinch white pepper powder
- salt to taste

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 190 milligrams
4. Fat: 3 grams
5. Protein: 11 grams
6. SaturatedFat: 1 grams
7. Sodium: 460 milligrams
8. Sugar: 1 grams

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