

Swedish Vegetable Soup with Prawns

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/rachel-khoo-swedish-pea-soup-recipe>

Ingredients:

- 1 13/16 cups carrots peeled and sliced
- 7 ounces potatoes peeled and cubed
- 5 cups spinach leaves can be from frozen
- 1 1/16 cup peas can be from frozen
- 4 1/4 cups vegetable stock
- 1/2 bunch flat-leaf parsley chopped
- 1 egg yolk
- 6 3/4 tablespoons cream
- 5 1/4 ounces prawns precooked
- pepper
- salt
- dill for garnish, optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 115 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 12 grams
7. SaturatedFat: 4 grams
8. Sodium: 1300 milligrams
9. Sugar: 7 grams

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