

Chinese Seaweed Soup with Pork Balls and Tofu

Yield: 5 min
Total Time: 25 min

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

Ingredients:

- 1/2 sheet seaweed Chinese dried, cut into pieces
- 1 msg or organic stock cube
- 5 cups water
- 250 grams minced pork to marinate
- 1 block silken tofu diced
- marinade ingredients
- 1 teaspoon shallot fried, or garlic oil
- 3/4 tablespoon light soy sauce
- 1/4 teaspoon salt
- 1 1/2 teaspoons cornstarch
- 3 dashes pepper

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 35 milligrams
4. Fat: 8 grams
5. Protein: 19 grams
6. SaturatedFat: 2 grams
7. Sodium: 450 milligrams

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