

# How To Cook Sorghum

Yield: 4 min  
Total Time: 65 min

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

## Ingredients:

- 1 cup sorghum
- 3 cups vegetable broth or any of your choice
- 1 pinch salt

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 38 grams
3. Fat: 1.5 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. Sodium: 780 milligrams
7. Sugar: 2 grams

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