

10-Minute Tomato Egg Drop Noodle Soup, Plus a List of Last-Minute-Meal Recipes

Yield: 1 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/soup-recipes>

Ingredients:

- 1 noodle serving of the, your choice
- 2 tablespoons vegetable oil
- 1 clove garlic minced
- 1 scallion chopped, white and green portions separated
- 2 small tomatoes cut into bite-sized pieces
- 2 1/2 cups chicken vegetable, or mushroom stock
- 1 teaspoon soy sauce
- 1/8 teaspoon white pepper
- 1/2 teaspoon sesame oil
- salt to taste
- 1 egg beaten

Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 575 milligrams
4. Fat: 51 grams
5. Fiber: 3 grams
6. Protein: 121 grams
7. SaturatedFat: 9 grams
8. Sodium: 1580 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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