

Asparagus Crab Egg Drop Soup

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-asparagus-crab-soup-recipe>

Ingredients:

- 32 ounces chicken broth 1 32 oz carton
- 2 teaspoons ginger fresh, minced
- 1 pound asparagus 1 bunch, washed and sliced into 2 inch pieces
- 1 egg beaten
- 1 tablespoon cornstarch
- 2 tablespoons water to mix with the cornstarch
- 1 tablespoon dry sherry
- 1 teaspoon oil sesame seed
- 2 teaspoons soy sauce
- 8 ounces crabmeat cooked

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 95 milligrams
4. Fat: 5 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. Sodium: 430 milligrams
8. Sugar: 3 grams

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