

Chayote Soup with Lemongrass and Ginger

Yield: 6 min
Total Time: 40 min

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

Ingredients:

- 7 cups low salt chicken broth canned
- 1 stalk lemongrass fresh, thinly sliced
- 1 piece fresh ginger sliced
- 3 kaffir lime leaves fresh or frozen
- 1/2 cinnamon stick
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon cayenne pepper
- 2 chayote squash peeled, rinsed, quartered lengthwise, cored, thinly sliced crosswise
- 1/4 cup fresh lemon juice
- 3/4 cup Italian parsley chopped fresh

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 9 grams
3. Fat: 3 grams
4. Fiber: 1 grams
5. Protein: 6 grams
6. Sodium: 90 milligrams
7. Sugar: 1 grams

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