

# Opo Squash

Yield: 4 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-opo-squash-recipe-strfry>

## Ingredients:

- 3 cups opo squash cut into small pieces
- 2 teaspoons kosher salt
- 1 teaspoon black pepper fresh
- 4 cups chicken stock
- fresh cilantro for garnish, optional

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Protein: 7 grams
6. Sodium: 1540 milligrams
7. Sugar: 5 grams

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