

SHARK'S FIN MELON SOUP

Yield: 6 min
Total Time: 135 min

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

Ingredients:

- shark
- melon
- 3/4 pound pork spare ribs
- 11/16 cup beans black eye, rinsed
- 3 dates honey
- 2 small carrots peeled and cut into chunks
- 6 dried scallops soaked in hot water till softened, retain water for soup
- 8 cups water

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 50 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 95 milligrams
9. Sugar: 5 grams

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