

Chinese Creamy Corn Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.8 ounce corn cream-style canned
- 0.5 pound chicken breast boneless skinless finely chopped
- 4 cups chicken broth
- 4 slices bacon crumbled crisp cooked
- 2 tablespoons cornstarch
- 2 egg whites
- 0.3 teaspoon salt
- 1 tablespoon cooking sherry

- 2 teaspoons soya sauce
- 0.3 cup water

Equipment

- frying pan
- mixing bowl
- wok

Directions

- Mince chicken.
- Mix together with sherry, salt, and egg whites in a large mixing bowl.
- Add cream style corn, and mix well to blend.
- Preheat a wok or large frying pan to medium high.
- Add chicken broth and soy sauce, and bring to a boil.
- Add chicken mixture, and return to boil. Reduce heat. Simmer for 3 minutes, stirring frequently to prevent burning.
- In a cup, mix together water and cornstarch until well blended.
- Add cornstarch mixture to simmering soup, stirring constantly. Cook for an additional 2 minutes; soup will thicken slightly. Crumble cooked bacon over individual servings.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:7.5460870039204%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 146.24kcal (7.31%), Fat: 3.49g (5.37%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 15.2g (5.53%), Sugar: 3.05g (3.39%), Cholesterol: 32.6mg (10.87%), Sodium: 1122.65mg (48.81%), Alcohol: 0.26g (100%), Alcohol %: 0.11% (100%), Protein: 13.36g (26.71%), Vitamin B3: 5.61mg (28.03%), Selenium: 17.8µg (25.43%), Vitamin B6: 0.36mg (18.07%), Phosphorus: 146.78mg (14.68%), Vitamin B2: 0.23mg (13.34%), Potassium: 310.47mg (8.87%), Folate: 32.26µg (8.07%), Vitamin B5: 0.77mg (7.65%), Manganese: 0.14mg (7.1%), Vitamin B1: 0.11mg (7.03%), Magnesium: 27.23mg (6.81%), Zinc: 0.88mg (5.86%), Copper: 0.08mg (4.18%), Vitamin C: 3.31mg (4.01%), Iron: 0.64mg (3.56%), Fiber: 0.88g (3.51%), Vitamin B12: 0.17µg (2.9%), Vitamin E: 0.21mg (1.37%), Vitamin A: 68.02IU (1.36%), Calcium: 12.57mg (1.26%)