



## Corn and Egg Flower Soup

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.8 ounce regular corn cream-style canned
- 42 ounce chicken broth canned
- 3 tablespoons cornstarch
- 2 ears corn
- 3 eggs beaten
- 3 green onions thinly sliced
- 2 tablespoons oyster sauce
- 2 teaspoons sesame oil

- 0.3 cup water
- 1 teaspoon pepper white

## Equipment

- frying pan
- sauce pan

## Directions

- Stir together the chicken broth, cream-style corn, sesame oil, oyster sauce, corn kernels, and white pepper in a large saucepan. Bring to a boil over high heat.
- Dissolve cornstarch into the water and stir into boiling soup. Boil for 30 seconds until soup thickens, then remove from heat. Stir soup rapidly in one direction, then with the hot soup swirling in the pan, slowly pour in the beaten egg. Gently stir in the green onions and serve.

## Nutrition Facts

**PROTEIN 43.95%** **FAT 36.11%** **CARBS 19.94%**

## Properties

Glycemic Index:8, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:26.757391224737%

## Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 761.34kcal (38.07%), Fat: 30.35g (46.69%), Saturated Fat: 8.24g (51.49%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 35.11g (12.77%), Sugar: 6.53g (7.25%), Cholesterol: 271.6mg (90.53%), Sodium: 2009.92mg (87.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.11g (166.23%), Selenium: 66.22µg (94.61%), Phosphorus: 621.11mg (62.11%), Zinc: 8.68mg (57.89%), Vitamin B12: 3.31µg (55.12%), Vitamin B3: 9.15mg (45.75%), Vitamin B6: 0.74mg (36.84%), Vitamin B2: 0.55mg (32.21%), Iron: 5.33mg (29.6%), Vitamin K: 25.98µg (24.75%), Magnesium: 97.93mg (24.48%), Folate: 92.48µg (23.12%), Potassium: 792.8mg (22.65%), Vitamin A: 956.31IU (19.13%), Copper: 0.28mg (14.13%), Vitamin C: 9.15mg (11.09%), Fiber: 2.6g (10.4%), Vitamin B5: 1.02mg (10.25%), Manganese: 0.2mg (9.88%), Vitamin E: 1.48mg (9.87%), Vitamin B1: 0.11mg (7.6%), Calcium: 75.59mg (7.56%), Vitamin D: 0.96µg (6.38%)