



Easy Chinese Corn Soup

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



116 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce regular corn cream style canned
- 14.5 ounce chicken broth low-sodium canned
- 1 tablespoon cornstarch
- 1 eggs beaten
- 2 tablespoons water

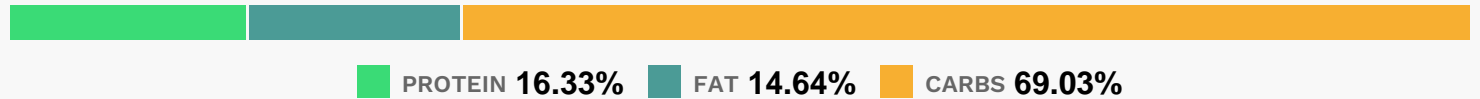
Equipment

- bowl
- sauce pan

Directions

- In a saucepan, combine the cream style corn and chicken broth. Bring to a boil over medium-high heat. In a small bowl or cup, mix together the cornstarch and water; pour into the boiling corn soup, and continue cooking for about 2 minutes, or until thickened. Gradually add the beaten egg while stirring the soup.
- Remove from heat and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.8747826515818%

Nutrients (% of daily need)

Calories: 116.34kcal (5.82%), Fat: 2.11g (3.25%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 22.38g (7.46%), Net Carbohydrates: 21.09g (7.67%), Sugar: 3.61g (4.01%), Cholesterol: 40.92mg (13.64%), Sodium: 324.48mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.59%), Folate: 50.88µg (12.72%), Vitamin B3: 2.44mg (12.18%), Phosphorus: 107.09mg (10.71%), Vitamin B2: 0.14mg (8.08%), Potassium: 246.08mg (7.03%), Copper: 0.12mg (5.89%), Selenium: 3.86µg (5.51%), Zinc: 0.81mg (5.4%), Vitamin C: 4.36mg (5.28%), Fiber: 1.29g (5.17%), Magnesium: 20.56mg (5.14%), Vitamin B6: 0.1mg (4.8%), Iron: 0.82mg (4.56%), Manganese: 0.08mg (3.82%), Vitamin B5: 0.36mg (3.6%), Vitamin B12: 0.2µg (3.34%), Vitamin A: 138.07IU (2.76%), Vitamin B1: 0.03mg (1.99%), Vitamin D: 0.22µg (1.47%), Calcium: 13.73mg (1.37%), Vitamin E: 0.19mg (1.27%)