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Easy Chinese Corn Soup ♦

Chinese corn soup is a classic comfort food that is enjoyed throughout China. It is a simple yet delicious soup made with fresh corn, chicken broth, and various seasonings. This soup is often served as an appetizer or as part of a larger meal. It is a popular choice during the colder months and is loved by both children and adults.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	fresh corn kernels
1000 ml	chicken broth
1 tsp	Salt
1 tsp	White pepper
2 tsp	sesame oil

20 g scallions

Directions

Step 1

Stove

In a large pot, bring the chicken broth to a boil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add the fresh corn kernels to the pot and cook for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Season the soup with salt and white pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Remove the soup from heat and stir in the sesame oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Garnish with chopped scallions and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 6 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Cuisines

Chinese

Course

Soups

Meal Type

Breakfast

Lunch

Dinner

Snack

Seasonality

Spring

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Difficulty Level

Easy

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