



Asian Egg Drop Soup

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

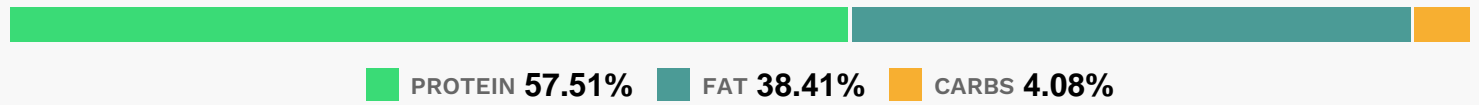
- 4 cups chicken stock see prepared
- 1 tablespoon cornstarch
- 2 eggs lightly beaten
- 0.5 teaspoon ginger fresh grated
- 2 green onions chopped
- 4 servings salt and pepper white to taste
- 1 tablespoon soya sauce

Equipment

Directions

- Watch how to make this recipe.
- Bring soup stock, grated ginger and soy sauce to a boil. In a small cup, make a slurry by combining the cornstarch and 2 tablespoons of chicken stock. Stir until dissolved. Slowly pour in the cornstarch mixture while stirring the stock, until thickened. Reduce heat to a simmer.
- Pour in the eggs slowly while stirring the soup in the same direction. The egg will spread and feather. Turn off the heat and add the green onions. Season with salt and pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:13.963913088259%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 277.7kcal (13.89%), Fat: 11.39g (17.53%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.3g (0.34%), Cholesterol: 186.84mg (62.28%), Sodium: 582.57mg (25.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.38g (76.76%), Selenium: 41.32µg (59.03%), Vitamin B3: 11.26mg (56.31%), Phosphorus: 320.77mg (32.08%), Vitamin B6: 0.62mg (31.22%), Vitamin B2: 0.32mg (18.71%), Vitamin B5: 1.72mg (17.2%), Zinc: 2.46mg (16.38%), Iron: 2.29mg (12.71%), Vitamin K: 12.49µg (11.89%), Potassium: 378.2mg (10.81%), Vitamin B12: 0.6µg (10.03%), Magnesium: 35.21mg (8.8%), Vitamin B1: 0.1mg (6.77%), Folate: 22.02µg (5.5%), Copper: 0.11mg (5.42%), Vitamin A: 236.02IU (4.72%), Calcium: 34.54mg (3.45%), Manganese: 0.06mg (3.21%), Vitamin D: 0.44µg (2.93%), Vitamin E: 0.26mg (1.76%), Vitamin C: 1.14mg (1.38%)