



Avgolemeno (Chicken Soup with Egg-Lemon Sauce)



Gluten Free



Dairy Free

READY IN



225 min.

SERVINGS



8

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup arborio rice
- ☐ 2 bay leaves
- ☐ 1 carrots peeled quartered
- ☐ 3 pound meat from a rotisserie chicken free range
- ☐ 2 large eggs
- ☐ 3 tablespoons kosher salt
- ☐ 1 leek cleaned quartered

- ☐ 0.5 cup juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 cups onion diced finely 1 medium onion
- ☐ 1 teaspoon pepper freshly ground
- ☐ 12 cups water cold

Equipment

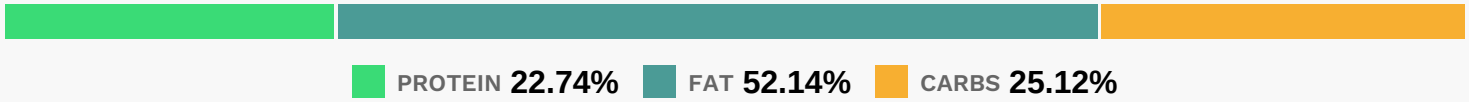
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ measuring cup

Directions

- ☐ Watch how to make this recipe.
- ☐ In a 6 to 8-quart stockpot, combine the chicken, water, and 2 tablespoons salt. Bring to a boil over medium-high heat; immediately reduce the heat to a very low simmer, and skim the foam from the surface.
- ☐ Add the leek, carrot, and bay leaves and continue to simmer with the chicken until the chicken is thoroughly cooked, about 45 minutes to 1 hour.
- ☐ Meanwhile, heat the oil in a large skillet over medium-high heat.
- ☐ Add the onion and cook, stirring, until translucent, about 6 minutes.
- ☐ Remove from the heat and set aside.
- ☐ Remove chicken from the broth, and allow meat to cool. Strain the broth and skim the fat. (
- ☐ Place the broth in the refrigerator to make it easier to skim.)
- ☐ When the chicken is cool enough to handle, pull the meat from the bones and discard the skin. Dice the meat into large cubes; refrigerate until ready to use.
- ☐ Return the broth to high heat, add the rice and onion and bring to a boil. Reduce the heat and simmer until the rice is almost cooked through, about 20 minutes.

- ☐
- Add the chicken and reduce the broth to a low simmer.
- ☐
- In a medium sized bowl, beat the lemon juice, eggs, and pepper. Ladle 2 cups of hot broth into a measuring cup with a pourable spout. While whisking, slowly pour the 2 cups of broth into the egg mixture.
- ☐
- Pour the egg mixture back into the pot with the remaining 1 tablespoon of salt. Stir well to blend. Divide among bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.48, Glycemic Load:11.97, Inflammation Score:-8, Nutrition Score:13.223478306895%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 329.47kcal (16.47%), Fat: 18.96g (29.17%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 18.88g (6.87%), Sugar: 2.92g (3.25%), Cholesterol: 107.74mg (35.91%), Sodium: 2718.38mg (118.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.6g (37.21%), Vitamin A: 1645.72IU (32.91%), Vitamin B3: 6.43mg (32.15%), Selenium: 18.47µg (26.38%), Vitamin B6: 0.43mg (21.41%), Phosphorus: 180.41mg (18.04%), Manganese: 0.35mg (17.52%), Folate: 68.58µg (17.15%), Vitamin C: 11.96mg (14.5%), Vitamin B5: 1.26mg (12.58%), Vitamin B1: 0.18mg (12.15%), Iron: 2.1mg (11.66%), Vitamin B2: 0.18mg (10.85%), Vitamin K: 11.23µg (10.69%), Zinc: 1.57mg (10.45%), Copper: 0.18mg (9.01%), Vitamin E: 1.32mg (8.79%), Potassium: 306.81mg (8.77%), Magnesium: 34.68mg (8.67%), Fiber: 1.68g (6.7%), Vitamin B12: 0.36µg (6.07%), Calcium: 49.31mg (4.93%), Vitamin D: 0.41µg (2.76%)