



Avgolemono

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



96 kcal

SIDE DISH

Ingredients

- 1.8 quarts chicken broth
- 3 eggs
- 1 juice of lemon juiced
- 0.5 cup orzo pasta uncooked
- 6 servings salt and pepper to taste
- 1 tablespoon water cold

Equipment

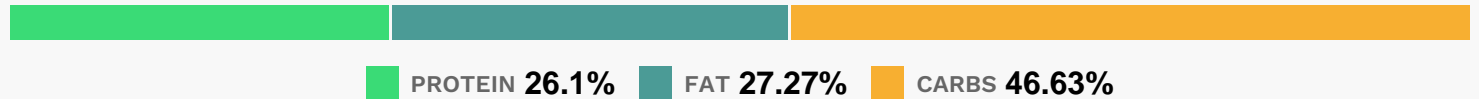
- frying pan

sauce pan

Directions

- Pour the chicken broth into a large saucepan, and bring it to the boil.
- Add the pasta and cook for 5 minutes.
- Beat the eggs until frothy, then add the lemon juice and 1 tablespoons of cold water. Slowly stir in a ladleful of the hot chicken stock, then add one or two more. Be careful not to scramble the eggs!
- Return this mixture to the pan, off the heat, and stir well. Season with salt and pepper and serve at once, garnished with lemon slices. Do not let the soup boil once the eggs have been added or it will curdle!

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:3.75, Inflammation Score:-1, Nutrition Score:5.0917391236062%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 95.5kcal (4.77%), Fat: 2.87g (4.42%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.64g (3.87%), Sugar: 1.73g (1.92%), Cholesterol: 87.36mg (29.12%), Sodium: 1249.99mg (54.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.37%), Selenium: 15.76µg (22.52%), Vitamin B2: 0.27mg (15.98%), Manganese: 0.25mg (12.44%), Phosphorus: 78.63mg (7.86%), Vitamin B1: 0.08mg (5.28%), Copper: 0.09mg (4.74%), Zinc: 0.66mg (4.38%), Vitamin B5: 0.42mg (4.23%), Vitamin B3: 0.84mg (4.19%), Vitamin B12: 0.25µg (4.18%), Iron: 0.75mg (4.15%), Folate: 13.59µg (3.4%), Potassium: 113.11mg (3.23%), Magnesium: 12.36mg (3.09%), Vitamin D: 0.44µg (2.93%), Vitamin B6: 0.06mg (2.87%), Calcium: 26.48mg (2.65%), Vitamin A: 124.62IU (2.49%), Vitamin E: 0.36mg (2.42%), Vitamin C: 1.93mg (2.35%), Fiber: 0.41g (1.66%)