



Avgolemono

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

Ingredients

- 4 cups chicken broth
- 3 eggs
- 3 tablespoons juice of lemon
- 0.3 cup pasta uncooked (or rice or pastina)
- 4 servings salt and pepper to taste

Equipment

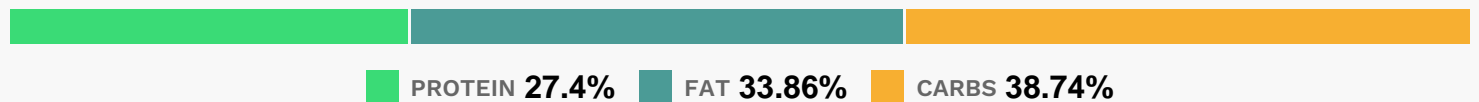
- bowl
- sauce pan

- ladle
- whisk

Directions

- In a large saucepan, bring the broth to a boil.
- Add the orzo, rice, or pastina and cook until tender but still al dente, about 7 minutes (20, if using rice). Season with the salt and pepper and reduce heat to low; simmer.
- Meanwhile, in a medium bowl, whisk together the eggs and lemon juice until smooth.
- Ladle about 1 cup of the hot broth into the egg-and-lemon mixture, then whisk to combine.
- Add the mixture back to the simmering saucepan. Stir just until the soup becomes opaque and thickens as the eggs cook, 1 to 2 minutes.
- Add more salt and pepper, if desired, and serve.
- For your apron-hanging toddler, scoop a little uncooked orzo into a lidded Tupperware container: Instant maraca!

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.85, Inflammation Score:-1, Nutrition Score:4.8204347452392%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 101.27kcal (5.06%), Fat: 3.85g (5.92%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 9.5g (3.46%), Sugar: 1.79g (1.99%), Cholesterol: 127.46mg (42.49%), Sodium: 1112.61mg (48.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin B2: 0.29mg (17.13%), Selenium: 11.08µg (15.83%), Phosphorus: 75.64mg (7.56%), Iron: 1.1mg (6.09%), Manganese: 0.12mg (5.96%), Vitamin B12: 0.34µg (5.68%), Vitamin B5: 0.54mg (5.42%), Vitamin C: 4.35mg (5.28%), Folate: 17.76µg (4.44%), Vitamin D: 0.66µg (4.4%), Vitamin B1: 0.07mg (4.35%), Zinc: 0.6mg (3.98%), Vitamin A: 183.57IU (3.67%), Vitamin B6: 0.06mg (3.06%), Vitamin E: 0.46mg (3.05%), Copper: 0.06mg (3.05%), Calcium: 28.67mg (2.87%), Potassium: 99.47mg (2.84%), Vitamin B3: 0.55mg (2.75%), Magnesium: 6.99mg (1.75%), Fiber: 0.41g (1.62%)