



Avgolemono



Gluten Free



Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons torn basil fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounces chicken breast shredded cooked
- ☐ 2 teaspoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh

- ☐ 6.5 cups lower-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup rice long-grain uncooked
- ☐ 0.5 teaspoon salt

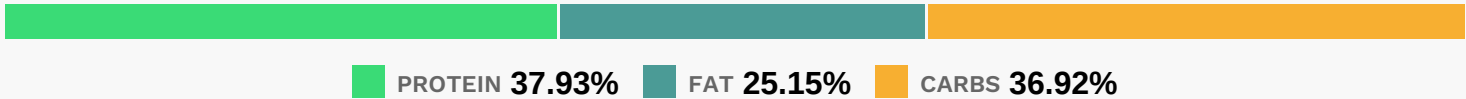
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and garlic; saut 2 minutes.
- ☐ Add Chicken Stock; bring to a boil. Stir in rice; reduce heat, and simmer 16 minutes.
- ☐ Combine juice, cornstarch, salt, pepper, and egg in a small bowl, stirring with a whisk. Slowly pour egg into broth mixture, stirring constantly with a whisk.
- ☐ Add chicken to broth mixture; cook until mixture thickens and rice is done (about 3 minutes). Top with parsley and basil.

Nutrition Facts



Properties

Glycemic Index:63.05, Glycemic Load:11.81, Inflammation Score:-4, Nutrition Score:11.966956620631%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg

0.28mg, Naringenin: 0.28mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 260.24kcal (13.01%), Fat: 7.21g (11.09%), Saturated Fat: 1.76g (11%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 22.92g (8.33%), Sugar: 1.48g (1.64%), Cholesterol: 89.02mg (29.67%), Sodium: 1069.83mg (46.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.94%), Vitamin K: 38.74µg (36.9%), Selenium: 21.76µg (31.09%), Potassium: 1030.31mg (29.44%), Vitamin B3: 4.94mg (24.72%), Manganese: 0.38mg (18.92%), Vitamin B6: 0.36mg (17.85%), Phosphorus: 173.32mg (17.33%), Vitamin C: 12.89mg (15.63%), Vitamin B5: 1.06mg (10.55%), Vitamin B2: 0.17mg (9.76%), Zinc: 1.38mg (9.19%), Iron: 1.38mg (7.69%), Vitamin A: 315.17IU (6.3%), Magnesium: 25.08mg (6.27%), Copper: 0.12mg (6.04%), Folate: 22.26µg (5.56%), Vitamin B1: 0.08mg (5.15%), Vitamin B12: 0.28µg (4.59%), Fiber: 0.9g (3.61%), Calcium: 36.03mg (3.6%), Vitamin E: 0.51mg (3.38%), Vitamin D: 0.25µg (1.67%)