



Avgolemono: Chicken Soup with Egg-Lemon Sauce

 **Gluten Free**  **Dairy Free**

READY IN



165 min.

SERVINGS



6

CALORIES



405 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
- 1 teaspoon ground pepper
- 1 leek cleaned quartered

- 0.5 cup juice of lemon fresh
- 2 tablespoons olive oil
- 1 onion diced finely
- 1 tablespoon salt

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Place the chicken in a large pot and add enough water to cover the chicken. Bring to a boil and reduce the heat to low, skimming when necessary.
- Heat the oil in a separate pan over medium heat and add the onions. Cook the onions until clear, about 5 minutes. Set aside.
- When the chicken is cooked through, 45 minutes to 1 hour, remove from the broth.
- Let the chicken cool, and then pull the meat from the bones. Dice into large cubes and set aside.
- Add the bay leaves, carrot, leek and reserved onions to the broth and simmer, about 1 hour.
- Remove the carrot and leek from the broth and add the rice. Bring to a boil, and then turn the heat to medium-high to simmer until the rice is cooked to al dente, about 30 minutes.
- Add the chicken back into the broth.
- Add more water if needed.
- In a small bowl, beat the lemon juice and eggs together.
- Pour 2 cups of broth slowly into the bowl, whisking continuously. Once all the broth is incorporated, add the mixture into the pot of chicken soup and stir to blend well throughout.
- Add the salt and pepper.
- Serve hot.

Nutrition Facts

PROTEIN 24.39% FAT 51.49% CARBS 24.12%

Properties

Glycemic Index:36.64, Glycemic Load:15.24, Inflammation Score:-9, Nutrition Score:16.284782596256%

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 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 404.66kcal (20.23%), Fat: 22.91g (35.25%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 22.5g (8.18%), Sugar: 2.41g (2.68%), Cholesterol: 143.65mg (47.88%), Sodium: 1273.92mg (55.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.84%), Vitamin A: 2193.59IU (43.87%), Vitamin B3: 8.53mg (42.67%), Selenium: 24.44µg (34.91%), Vitamin B6: 0.53mg (26.44%), Phosphorus: 230.4mg (23.04%), Folate: 84.79µg (21.2%), Manganese: 0.42mg (20.8%), Vitamin B5: 1.63mg (16.35%), Vitamin C: 13.36mg (16.2%), Vitamin B1: 0.23mg (15.12%), Iron: 2.69mg (14.95%), Vitamin B2: 0.24mg (13.91%), Zinc: 1.98mg (13.18%), Vitamin K: 13.42µg (12.79%), Potassium: 357.47mg (10.21%), Magnesium: 37.95mg (9.49%), Vitamin E: 1.41mg (9.43%), Vitamin B12: 0.49µg (8.1%), Copper: 0.15mg (7.46%), Fiber: 1.64g (6.56%), Calcium: 42.04mg (4.2%), Vitamin D: 0.55µg (3.67%)