



Avgolemono Chicken Soup with Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rice white warmed cooked
- 2 egg yolk
- 0.3 cup optional: dill fresh chopped
- 0.3 cup juice of lemon fresh
- 4 cups chicken stock low-sodium homemade
- 1 pound rotisserie chicken cut shredded
- 4 servings salt and pepper freshly ground

Equipment

sauce pan

blender

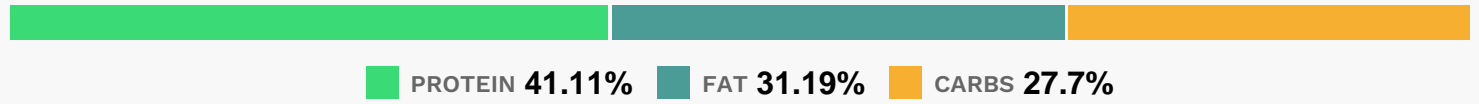
Directions

In a large saucepan, season the stock with salt and pepper and bring to a simmer.

Transfer 1 cup of the hot stock to a blender.

Add 1/2 cup of the rice, the egg yolks and the lemon juice and puree until smooth. Stir the puree into the simmering stock along with the chicken and the remaining 1 1/2 cups of rice and simmer until thickened slightly, 10 minutes. Stir in the dill and serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:23.93, Inflammation Score:-2, Nutrition Score:7.2247826507234%

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 Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 382.71kcal (19.14%), Fat: 13.36g (20.55%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 26.26g (9.55%), Sugar: 0.8g (0.89%), Cholesterol: 206.06mg (68.69%), Sodium: 665.14mg (28.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.62g (79.23%), Manganese: 0.42mg (20.86%), Vitamin B3: 3.61mg (18.06%), Selenium: 10.98µg (15.69%), Phosphorus: 143.03mg (14.3%), Vitamin C: 8.4mg (10.18%), Copper: 0.19mg (9.43%), Vitamin B2: 0.14mg (8.21%), Potassium: 277.85mg (7.94%), Vitamin A: 357.41IU (7.15%), Vitamin B6: 0.14mg (7.05%), Vitamin B12: 0.41µg (6.86%), Iron: 1.11mg (6.15%), Vitamin B5: 0.61mg (6.09%), Zinc: 0.87mg (5.77%), Folate: 22.97µg (5.74%), Magnesium: 14.83mg (3.71%), Calcium: 36.1mg (3.61%), Vitamin D: 0.49µg (3.24%), Vitamin B1: 0.04mg (2.47%), Vitamin E: 0.29mg (1.91%), Fiber: 0.42g (1.69%)