



Avgolemono (Greek Lemon-Egg Soup)

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken breast halves shredded cooked
- 2 large eggs at room temperature
- 1 optional: lemon thinly sliced
- 0.3 cup juice of lemon fresh
- 6 cups chicken broth low-sodium
- 0.8 cup rice long-grain

Equipment

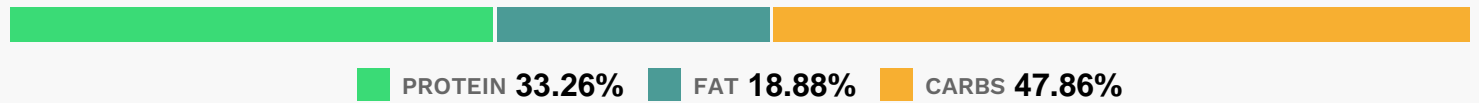
- bowl

- sauce pan
- ladle
- whisk

Directions

- Heat the broth and rice in a large saucepan to boiling. Reduce heat to simmering; cover and cook 15 minutes or until the rice is cooked.
- Add the chicken.
- Remove the soup from heat and cover.
- Whisk the eggs and lemon juice in a medium bowl until frothy.
- Remove about 1 cup hot broth from the soup and slowly add it to the eggs, whisking continually. Slowly stir the warmed eggs into the soup. Ladle into bowls and serve immediately with a slice of lemon.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:17.14, Inflammation Score:-3, Nutrition Score:15.200869610128%

Flavonoids

Eriodictyol: 6.76mg, Eriodictyol: 6.76mg, Eriodictyol: 6.76mg, Eriodictyol: 6.76mg Hesperetin: 10.48mg, Hesperetin: 10.48mg, Hesperetin: 10.48mg, Hesperetin: 10.48mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 295.71kcal (14.79%), Fat: 6.32g (9.73%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 34.81g (12.66%), Sugar: 1.78g (1.98%), Cholesterol: 129.16mg (43.05%), Sodium: 209.72mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.13%), Vitamin B3: 11.36mg (56.81%), Selenium: 31.12µg (44.46%), Phosphorus: 320.19mg (32.02%), Vitamin B6: 0.59mg (29.45%), Vitamin C: 22.86mg (27.71%), Manganese: 0.4mg (20.17%), Potassium: 646.08mg (18.46%), Vitamin B2: 0.3mg (17.79%), Vitamin B5: 1.62mg (16.18%), Copper: 0.3mg (15.17%), Vitamin B12: 0.69µg (11.49%), Iron: 1.85mg (10.25%), Zinc: 1.41mg (9.39%), Magnesium: 33.28mg (8.32%), Folate: 23.82µg (5.96%), Vitamin B1: 0.09mg (5.74%), Fiber: 1.27g (5.07%), Calcium:

48.94mg (4.89%), Vitamin D: 0.56µg (3.71%), Vitamin E: 0.48mg (3.19%), Vitamin A: 159.11IU (3.18%)