



Avgolemono (Greek Lemon Soup)



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



74 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup rice long-grain hot cooked



2 large eggs lightly beaten



6 slices optional: lemon



3 tablespoons juice of lemon fresh



2 cups low-salt chicken broth



0.5 teaspoon salt



1 cup water



0.1 teaspoon pepper white

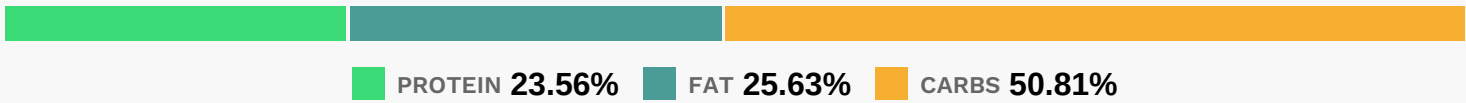
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ Heat broth and water in a medium saucepan over medium-high heat. Gradually add hot broth mixture and lemon juice to eggs, stirring constantly with a whisk. Return egg mixture to pan. Cook over medium heat until slightly thick (about 15 minutes), stirring constantly.
- ☐ Remove from heat; stir in rice, salt, and pepper. Ladle soup into each of 6 bowls; serve with lemon slices.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:8.09, Inflammation Score:-1, Nutrition Score:3.6113043578099%

Flavonoids

Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 74.46kcal (3.72%), Fat: 2.17g (3.34%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 9.35g (3.4%), Sugar: 0.54g (0.6%), Cholesterol: 62mg (20.67%), Sodium: 243.51mg (10.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Selenium: 7.13µg (10.18%), Vitamin C: 6.62mg (8.03%), Phosphorus: 69.72mg (6.97%), Manganese: 0.13mg (6.71%), Vitamin B2: 0.11mg (6.22%), Vitamin B3: 1.21mg (6.05%), Copper: 0.08mg (4.05%), Vitamin B5: 0.38mg (3.81%), Vitamin B12: 0.23µg (3.78%), Vitamin B6: 0.07mg (3.49%), Potassium: 117.33mg (3.35%), Iron: 0.57mg (3.14%), Zinc: 0.44mg (2.9%), Folate: 10.9µg (2.72%), Vitamin D:

0.33μg (2.22%), Calcium: 18.8mg (1.88%), Magnesium: 7.39mg (1.85%), Vitamin A: 91.99IU (1.84%), Vitamin E: 0.21mg (1.38%), Fiber: 0.33g (1.34%), Vitamin B1: 0.02mg (1.1%)