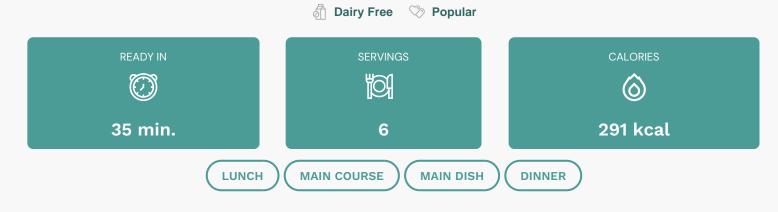


# **Avgolemono Soup**



### **Ingredients**

2 tablespoons olive oil extra virgin
1 cup onion chopped
5 cups chicken stock see
0.5 cup orzo pasta
1 pound chicken breast diced skinless
6 servings salt
3 tablespoons juice of lemon
3 eggs

	6 servings parsley fresh for garnish
Equipment	
	bowl
	ladle
	whisk
	pot
Di	rections
	Heat the olive oil in a medium pot and sauté the onions over medium-high heat until they are soft and translucent, 4-5 minutes.
	Cook orzo or rice: While the onions are cooking, bring another pot of salted water to a boil and add the orzo or rice.
	Add chicken stock to onions: When the onions are ready, add the chicken stock and water and bring to a bare simmer.
	Drain orzo or rice, add to stock and onions: When the orzo or rice is nearly done — firm, but mostly cooked — drain the boiling water and add the pasta or rice to the chicken broth.
	Add the diced chicken breast to the pot.
	Let this cook 5-8 minutes, then taste the soup for salt.
	Temper eggs: Beat the eggs in a bowl.
	Whisking constantly, add the lemon juice to the eggs. You will need to temper the eggs before you add the egg-lemon mixture to the soup. It takes both hands to do this.
	With one hand, whisk the egg-lemon mixture vigorously. With the other, slowly pour in a ladle's worth of hot broth.
	Do this at least twice, and you can add as many ladle's worth of broth as you want to the mixture.
	Whisk tempered eggs into soup and serve: Turn the heat off the soup.
	Whisk the soup with one hand while you pour the hot egg-lemon mixture in with the other.
	Serve at once, garnished with parsley.

## **Nutrition Facts**

### **Properties**

Glycemic Index:16.83, Glycemic Load:4.34, Inflammation Score:-6, Nutrition Score:18.348260889883%

#### **Flavonoids**

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Naringenin: 0.1mg, Na

### Nutrients (% of daily need)

Calories: 291.03kcal (14.55%), Fat: 11.38g (17.51%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 18.81g (6.84%), Sugar: 4.93g (5.48%), Cholesterol: 136.22mg (45.41%), Sodium: 602.95mg (26.22%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 25.93g (51.86%), Vitamin K: 69.15µg (65.85%), Selenium: 43.39µg (61.99%), Vitamin B3: 11.36mg (56.82%), Vitamin B6: 0.78mg (39.12%), Phosphorus: 290.6mg (29.06%), Vitamin B2: 0.37mg (21.52%), Potassium: 616.86mg (17.62%), Vitamin B5: 1.53mg (15.27%), Vitamin C: 11.5mg (13.94%), Magnesium: 42.04mg (10.51%), Vitamin B1: 0.16mg (10.4%), Copper: 0.2mg (9.9%), Vitamin A: 485.42IU (9.71%), Folate: 38.26µg (9.57%), Iron: 1.59mg (8.81%), Manganese: 0.17mg (8.72%), Zinc: 1.27mg (8.47%), Vitamin E: 1.17mg (7.78%), Vitamin B12: 0.35µg (5.78%), Fiber: 1.01g (4.03%), Calcium: 36.99mg (3.7%), Vitamin D: 0.52µg (3.44%)