



Avgolemono Soup



Dairy Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

Directions

☐ 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



 **PROTEIN 36.34%**  **FAT 35.89%**  **CARBS 27.77%**

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, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

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 %: 0% (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%)