



Chicken and Egg Soup with Pastina



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



268 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby spinach
- ☐ 2 large eggs plus 2 egg yolks
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 lemons
- ☐ 2 cups chicken broth low-sodium
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 small onion finely chopped

☐ 0.5 cup pasta (small pasta)

Equipment

☐ bowl

☐ ladle

☐ whisk

☐ pot

Directions

☐ Heat the 1/4 cup olive oil in a large pot over high heat.

☐ Add the onion, 1 teaspoon salt, and pepper to taste; cook until slightly softened, about 5 minutes.

☐ Add the chicken, the broth, 4 cups water and the juice of 1 lemon; cover and bring to a boil. Reduce the heat to medium, add the pastina and simmer until the pasta is cooked and the soup thickens slightly, about 15 minutes.

☐ Remove the chicken; when cool enough to handle, pull the meat off the bone and shred into bite-size pieces.

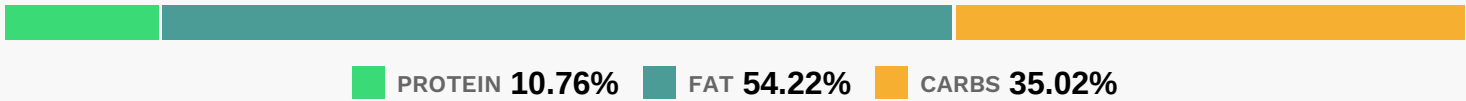
☐ Remove the soup from the heat.

☐ Whisk the juice of the remaining lemon with the whole eggs and yolks in a medium bowl until frothy. Gradually whisk a ladleful of the hot soup into the egg mixture, then stir the warm egg mixture into the soup and return to medium-low heat. Cook until creamy, about 1 minute. Stir in the shredded chicken, spinach and dill, and season with salt and pepper. Ladle the soup into bowls; garnish with feta, if desired.

☐ Per serving: Calories 425; Fat 27 g (Saturated 6 g); Cholesterol 277 mg; Sodium 858 mg; Carbohydrate 18 g; Fiber 1 g; Protein 27 g

☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:7.04, Inflammation Score:-8, Nutrition Score:13.370434875074%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 267.98kcal (13.4%), Fat: 17.11g (26.33%), Saturated Fat: 2.93g (18.28%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 21.92g (7.97%), Sugar: 3.1g (3.44%), Cholesterol: 91.8mg (30.6%), Sodium: 248.96mg (10.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin K: 80.71µg (76.86%), Vitamin C: 36.63mg (44.4%), Vitamin A: 1768.07IU (35.36%), Vitamin E: 2.55mg (17.02%), Folate: 55.18µg (13.8%), Iron: 2.21mg (12.26%), Fiber: 2.94g (11.78%), Manganese: 0.22mg (10.78%), Vitamin B3: 1.85mg (9.24%), Phosphorus: 91.55mg (9.16%), Potassium: 316.37mg (9.04%), Vitamin B2: 0.13mg (7.81%), Selenium: 5.21µg (7.45%), Vitamin B6: 0.14mg (7.02%), Copper: 0.12mg (5.87%), Calcium: 54.97mg (5.5%), Magnesium: 21.15mg (5.29%), Vitamin B12: 0.28µg (4.73%), Vitamin B5: 0.4mg (4%), Vitamin B1: 0.06mg (3.87%), Zinc: 0.48mg (3.22%), Vitamin D: 0.46µg (3.06%)