



## Chicken and Rice Avgolemono with Dill

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups carrots chopped
- 0.8 cup celery chopped
- 2 large eggs
- 0.5 cup optional: dill fresh chopped
- 3 garlic cloves minced
- 1 cup green onions sliced
- 0.5 cup juice of lemon fresh ( 3 lemons)
- 1 tablespoon olive oil

- 2 cups onion chopped
- 2.3 pound rotisserie chicken cut whole
- 1 teaspoon salt
- 1 thyme sprig
- 9 cups water
- 0.8 cup rice long-grain white uncooked

## Equipment

- bowl
- frying pan
- whisk
- sieve
- dutch oven

## Directions

- Remove and discard skin from rotisserie chicken.
- Remove meat from bones, reserving bones. Chop meat; cover and chill until ready to use.
- Combine chicken bones, water, and next 5 ingredients (through thyme sprig) in a large Dutch oven; bring to a boil. Reduce heat, and simmer 1 hour. Strain stock through a sieve into a large bowl; discard solids.
- Heat olive oil in pan over medium-high heat.
- Add green onions and garlic; saut 1 minute.
- Add strained stock, and bring to a boil. Stir in rice; reduce heat, and simmer, uncovered, for 15 minutes or until rice is tender. Stir in reserved chopped chicken.
- Combine lemon juice and eggs in a medium bowl, stirring well with a whisk. Gradually add 1 cup hot soup to egg mixture, stirring constantly with a whisk. Gradually add egg mixture to pan, stirring constantly. Cook over medium heat until slightly thick (about 2 minutes), stirring constantly.
- Remove from heat; stir in dill.

## Nutrition Facts

PROTEIN 41.82% FAT 32.94% CARBS 25.24%

## Properties

Glycemic Index:48.17, Glycemic Load:14.07, Inflammation Score:-10, Nutrition Score:15.13739135991%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 15.01mg, Quercetin: 15.01mg, Quercetin: 15.01mg, Quercetin: 15.01mg

## Nutrients (% of daily need)

Calories: 496.33kcal (24.82%), Fat: 18.28g (28.12%), Saturated Fat: 4.64g (28.97%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 28.28g (10.29%), Sugar: 5.49g (6.1%), Cholesterol: 225.29mg (75.1%), Sodium: 1067.63mg (46.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.21g (104.42%), Vitamin A: 7753.37IU (155.07%), Vitamin K: 45.55µg (43.38%), Vitamin C: 21.92mg (26.57%), Manganese: 0.51mg (25.33%), Folate: 53.2µg (13.3%), Selenium: 9.3µg (13.29%), Fiber: 3.24g (12.94%), Vitamin B6: 0.24mg (12.22%), Potassium: 399.8mg (11.42%), Phosphorus: 105.87mg (10.59%), Vitamin B2: 0.16mg (9.66%), Copper: 0.19mg (9.63%), Calcium: 82.87mg (8.29%), Vitamin B5: 0.77mg (7.67%), Magnesium: 30.53mg (7.63%), Iron: 1.33mg (7.41%), Vitamin E: 0.99mg (6.57%), Vitamin B1: 0.1mg (6.51%), Zinc: 0.84mg (5.63%), Vitamin B3: 1.09mg (5.43%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.33µg (2.22%)