



## Chicken Avgolemono

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 quarts chicken broth low-sodium homemade canned
- 3 eggs
- 3 tablespoons juice of lemon
- 0.5 cup peas frozen
- 0.5 cup rice long-grain
- 1.5 teaspoons salt
- 1 pound chicken breasts boneless skinless ( 3 )
- 2 cups water

## Equipment

- bowl
- whisk
- pot

## Directions

- In a large pot, bring the broth, water, and 1 teaspoon of the salt to a simmer.
- Add the chicken breasts to the pot and simmer until they are just done, about 10 minutes.
- Remove the chicken breasts from the pot; when they are cool enough to handle, cut them into bite-size pieces.
- Meanwhile, stir the rice into the simmering broth. Increase the heat and boil until the rice is almost tender, about 10 minutes. Reduce the heat to the lowest possible temperature.
- In a medium glass or stainless-steel bowl, beat the eggs, lemon juice, and the remaining 1/2 teaspoon salt until frothy.
- Remove about 1 cup of the hot broth from the pot.
- Pour the hot liquid in a thin stream into the egg mixture, whisking constantly.
- Pour the mixture back into the pot and stir until the soup begins to thicken, about 3 minutes. Do not let the soup come to a simmer, or it may curdle. Return the chicken to the pot and stir in the peas.
- Variation
- Stir in three tablespoons of chopped fresh dill along with the peas.
- Wine Recommendation: A wine really needs to be rich to hold its own with the egg thickener here, yet high enough in acidity to be refreshing. Though expensive, a Meursault, one of the great white Burgundies, will pair with the soup to make an experience you won't forget.

## Nutrition Facts

**PROTEIN 45.56%** **FAT 22.82%** **CARBS 31.62%**

## Properties

Glycemic Index:26.38, Glycemic Load:11.83, Inflammation Score:-4, Nutrition Score:20.947391427082%

## Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 334.81kcal (16.74%), Fat: 8.46g (13.01%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 26.37g (8.79%), Net Carbohydrates: 25g (9.09%), Sugar: 1.92g (2.14%), Cholesterol: 195.33mg (65.11%), Sodium: 1165.01mg (50.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38g (76%), Vitamin B3: 17.47mg (87.37%), Selenium: 50.25µg (71.79%), Vitamin B6: 1.01mg (50.73%), Phosphorus: 457.01mg (45.7%), Potassium: 852.9mg (24.37%), Vitamin B2: 0.41mg (23.98%), Vitamin B5: 2.39mg (23.9%), Manganese: 0.36mg (17.79%), Copper: 0.34mg (16.98%), Vitamin C: 12.96mg (15.71%), Vitamin B12: 0.88µg (14.59%), Zinc: 1.93mg (12.9%), Magnesium: 50.64mg (12.66%), Iron: 2.21mg (12.28%), Vitamin B1: 0.15mg (10.19%), Folate: 35.93µg (8.98%), Vitamin A: 351.55IU (7.03%), Fiber: 1.37g (5.47%), Calcium: 54.12mg (5.41%), Vitamin D: 0.77µg (5.16%), Vitamin K: 4.84µg (4.61%), Vitamin E: 0.63mg (4.19%)