



Chicken Egg Drop Soup



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounces chicken breast cooked chopped
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 3.5 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup green onions chopped (2)

- ☐ 1.5 tablespoons soya sauce reduced-sodium
- ☐ 1 tablespoon water

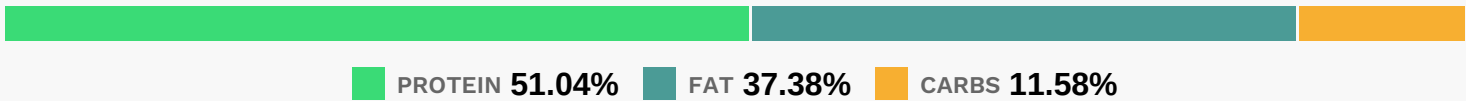
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ Combine broth and soy sauce in a medium saucepan. Bring to a boil over high heat. While broth mixture comes to a boil, combine cornstarch, pepper, and water in small bowl, stirring with a whisk until smooth. Gradually whisk cornstarch mixture into broth mixture. Reduce heat, and simmer, stirring frequently, 1 minute or until soup is slightly thickened.
- ☐ Combine egg and egg white, stirring with a whisk until blended. Slowly add egg mixture to soup, stirring gently.
- ☐ Add chicken, green onions, and sesame oil; cook 1 minute or until thoroughly heated.
- ☐ Ladle soup evenly into 4 bowls; garnish with cilantro, if desired.
- ☐ Serve with: Asian Slaw

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:9.8686957151993%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 175.58kcal (8.78%), Fat: 7.1g (10.92%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.68g (1.7%), Sugar: 0.58g (0.64%), Cholesterol: 94.69mg (31.56%), Sodium: 1103.35mg (47.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.82g (43.63%), Vitamin B3: 9mg (45.02%), Selenium: 25.69µg (36.7%), Vitamin B6: 0.4mg (20.17%), Phosphorus: 190.1mg (19.01%), Vitamin K: 13.83µg (13.17%), Vitamin B2: 0.22mg (12.9%), Vitamin B12: 0.71µg (11.81%), Vitamin B5: 1.02mg (10.18%), Potassium: 275.59mg (7.87%), Iron: 1.3mg (7.21%), Magnesium: 26.6mg (6.65%), Zinc: 0.85mg (5.64%), Manganese: 0.09mg (4.47%), Copper: 0.09mg (4.44%), Vitamin B1: 0.06mg (4.33%), Folate: 17.12µg (4.28%), Calcium: 31.07mg (3.11%), Vitamin A: 142.4IU (2.85%), Vitamin E: 0.39mg (2.62%), Vitamin D: 0.31µg (2.04%), Vitamin C: 1.17mg (1.42%), Fiber: 0.27g (1.09%)