



Chilled and Dilled Avgolemono Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



96 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups chicken stock see
- ☐ 2 tablespoons optional: dill chopped
- ☐ 2 large eggs
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup medium-or rice long-grain white
- ☐ 1 scallion green thinly sliced

Equipment

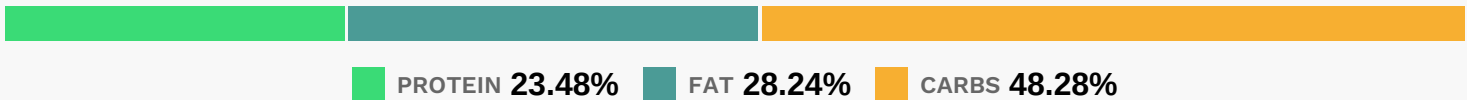
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ wooden spoon
- ☐ kitchen thermometer

Directions

- ☐ Simmer stock and rice in a heavy medium saucepan, covered, until rice is very tender, about 30 minutes. Purée mixture in a blender (use caution when blending hot liquids).
- ☐ Whisk eggs together in a medium bowl. Gradually whisk in hot stock mixture. Return to saucepan and cook over medium heat, stirring constantly with a wooden spoon, until soup registers 170°F on an instant-read thermometer.
- ☐ Strain soup through a fine-mesh sieve into a metal bowl. Stir in lemon juice, then quick-chill in an ice bath, stirring occasionally, until cold. Stir in scallion, dill, and salt and pepper to taste.
- ☐ Soup can be made 2 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:27.05, Glycemic Load:5.61, Inflammation Score:-2, Nutrition Score:5.2399999628896%

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 Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 95.57kcal (4.78%), Fat: 2.98g (4.59%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 11.2g (4.07%), Sugar: 1.47g (1.63%), Cholesterol: 97.7mg (32.57%), Sodium: 908.64mg (39.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Vitamin B2: 0.26mg (15.49%), Selenium: 10.39µg

(14.84%), Manganese: 0.25mg (12.48%), Phosphorus: 74.34mg (7.43%), Vitamin C: 5.09mg (6.17%), Vitamin K: 6.3µg (6%), Vitamin B5: 0.54mg (5.39%), Vitamin B1: 0.07mg (4.79%), Vitamin B12: 0.27µg (4.49%), Folate: 17.15µg (4.29%), Iron: 0.76mg (4.23%), Zinc: 0.63mg (4.21%), Copper: 0.08mg (4.16%), Vitamin B3: 0.75mg (3.74%), Vitamin A: 185.72IU (3.71%), Vitamin B6: 0.07mg (3.44%), Vitamin D: 0.5µg (3.33%), Potassium: 111.44mg (3.18%), Calcium: 29.89mg (2.99%), Vitamin E: 0.4mg (2.68%), Magnesium: 9.63mg (2.41%), Fiber: 0.27g (1.07%)