




Chinese Egg Soup

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



30 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups chicken broth
- 1 eggs beaten
- 0.5 cup peas green frozen

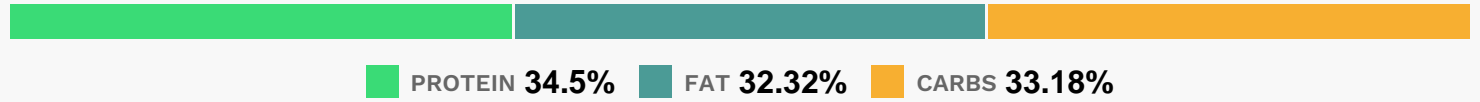
Equipment

- sauce pan

Directions

- Bring chicken broth and peas to a boil in a large saucepan.
- Slowly add egg to the boiling broth, stirring constantly.
- Serve hot, garnished with chopped green onions.

Nutrition Facts



Properties

Glycemic Index:7.39, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:2.8526086956522%

Nutrients (% of daily need)

Calories: 29.67kcal (1.48%), Fat: 1.07g (1.65%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.39g (1.54%), Cholesterol: 30.41mg (10.14%), Sodium: 592.25mg (25.75%), Protein: 2.58g (5.16%), Vitamin B2: 0.14mg (8.35%), Manganese: 0.12mg (6.18%), Vitamin C: 4.83mg (5.86%), Vitamin B1: 0.07mg (4.53%), Selenium: 3.1µg (4.42%), Phosphorus: 33.84mg (3.38%), Vitamin B3: 0.6mg (3.01%), Vitamin K: 3.02µg (2.87%), Folate: 11.3µg (2.83%), Fiber: 0.69g (2.76%), Vitamin A: 135.17IU (2.7%), Copper: 0.05mg (2.5%), Zinc: 0.35mg (2.36%), Iron: 0.42mg (2.31%), Potassium: 67.8mg (1.94%), Vitamin B6: 0.03mg (1.64%), Vitamin B12: 0.1µg (1.61%), Magnesium: 6.43mg (1.61%), Vitamin B5: 0.14mg (1.39%), Calcium: 13.39mg (1.34%), Vitamin E: 0.16mg (1.04%)