



Consomme Lady Curzon

 Vegetarian

READY IN



40 min.

SERVINGS



2

CALORIES



532 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ounces butter cut into 3 pieces
- ☐ 2 cups turtle soup canned
- ☐ 0.5 teaspoon curry powder
- ☐ 2 egg yolks
- ☐ 4 juice of lemon
- ☐ 1 pinch nutmeg
- ☐ 2 servings salt and pepper white freshly ground
- ☐ 2 tablespoons whipping cream cold

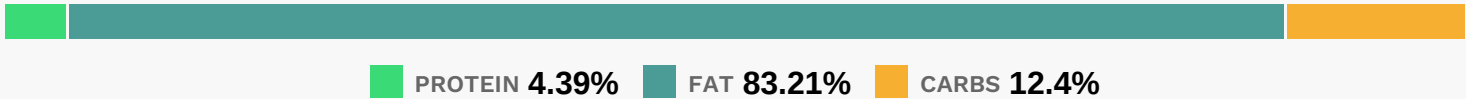
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ double boiler

Directions

- ☐ Remove the turtle meat from the can of soup and chop it into small pieces.
- ☐ Pour the soup into a pan and heat.
- ☐ Add the turtle meat and simmer. Into the top of a heated double boiler, place the lemon juice and some freshly ground salt and white pepper. Beat in the egg yolks and gradually add the cubes of butter stirring constantly.
- ☐ Whisk in the curry powder and nutmeg. Continue beating and increase the heat under the soup. Dribble the cold cream down the sides of the pan and beat in thoroughly. The sauce will now be thickening very fast, so lower the heat under the double boiler. (If the sauce curdles, then add an ice cube and whip it away from the heat).
- ☐ Pour the hot soup into cups and top with the thick cream sauce.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:9.1313042562941%

Flavonoids

Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg Hesperetin: 8.68mg, Hesperetin: 8.68mg, Hesperetin: 8.68mg, Hesperetin: 8.68mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 531.75kcal (26.59%), Fat: 50.06g (77.02%), Saturated Fat: 29.19g (182.45%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 15.33g (5.58%), Sugar: 4.23g (4.7%), Cholesterol: 307.74mg (102.58%), Sodium:

1130.61mg (49.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.9%), Vitamin A: 2051.5IU (41.03%), Vitamin C: 23.38mg (28.34%), Potassium: 675.86mg (19.31%), Selenium: 11.11µg (15.87%), Vitamin E: 1.79mg (11.93%), Folate: 41.31µg (10.33%), Phosphorus: 96.72mg (9.67%), Calcium: 90.04mg (9%), Vitamin B2: 0.15mg (8.73%), Vitamin D: 1.21µg (8.08%), Vitamin B12: 0.45µg (7.45%), Vitamin B5: 0.7mg (7.02%), Fiber: 1.44g (5.77%), Vitamin B6: 0.1mg (5.18%), Iron: 0.73mg (4.04%), Vitamin K: 4.08µg (3.89%), Zinc: 0.55mg (3.67%), Vitamin B1: 0.05mg (3.61%), Manganese: 0.05mg (2.68%), Magnesium: 8.59mg (2.15%), Copper: 0.03mg (1.72%)