



## Dinner Tonight: Tomato Egg Drop Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 3 servings pepper black
- ☐ 1.5 tablespoons canola oil
- ☐ 5 sprigs cilantro leaves chopped
- ☐ 2 eggs lightly beaten
- ☐ 1.5 tablespoons fish sauce
- ☐ 0.8 teaspoon salt
- ☐ 0.8 pound tomatoes cored ripe chopped
- ☐ 5.5 cups water

☐ 1 small onion yellow thinly sliced

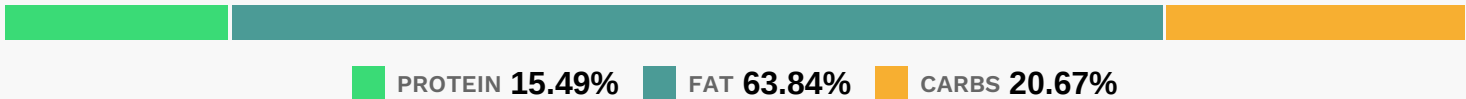
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ wooden spoon

## Directions

- ☐ Heat the oil in a 4-quart saucepan set over medium. When shimmering, add the onion and cook until soft, about four minutes.
- ☐ Add the tomatoes and salt, stir well, and then cover the saucepan and cook until the tomato tomatoes have broken down, about five minutes. Stir occasionally, and turn down the heat to prevent the tomatoes from sticking.
- ☐ Remove the cover and add the fish sauce and pork. Stir well with a wooden spoon to break the ground pork up into little pieces.
- ☐ Pour in the water, raise heat to high, and bring to a boil. Reduce heat to a simmer and cook uncovered for 15 minutes. While soup is simmering skim off any scum that rises to the surface with a spoon.
- ☐ Turn off the heat, and then pour the lightly beaten eggs into to saucepan in a wide circle. Then stir gently with a wooden spoon to break the egg up into chiffon-like pieces. Ladle the soup into bowls and garnish with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:43, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:10.105217446452%

## Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

0.15mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 137.82kcal (6.89%), Fat: 10.06g (15.48%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 5.44g (1.98%), Sugar: 4.44g (4.93%), Cholesterol: 109.12mg (36.37%), Sodium: 1359.54mg (59.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (10.99%), Vitamin A: 1355.03IU (27.1%), Vitamin K: 25.78µg (24.55%), Vitamin C: 18.31mg (22.19%), Vitamin E: 2.24mg (14.96%), Selenium: 9.98µg (14.26%), Potassium: 389.97mg (11.14%), Manganese: 0.22mg (10.93%), Folate: 42.13µg (10.53%), Vitamin B6: 0.21mg (10.5%), Vitamin B2: 0.17mg (10.19%), Magnesium: 39.56mg (9.89%), Phosphorus: 94.63mg (9.46%), Copper: 0.18mg (9.06%), Fiber: 1.89g (7.55%), Vitamin B5: 0.61mg (6.12%), Iron: 1.02mg (5.66%), Calcium: 53.3mg (5.33%), Vitamin B12: 0.3µg (5.07%), Vitamin B3: 0.97mg (4.86%), Zinc: 0.69mg (4.62%), Vitamin B1: 0.07mg (4.54%), Vitamin D: 0.59µg (3.91%)