



## Egg drop chicken noodle soup

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 chicken breast diced boneless skinless
- ☐ 1.2 l chicken stock see
- ☐ 140 g soup noodles
- ☐ 140 g baby corns frozen halved
- ☐ 2 eggs beaten
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 tsp sherry vinegar
- ☐ 2 spring onion finely chopped

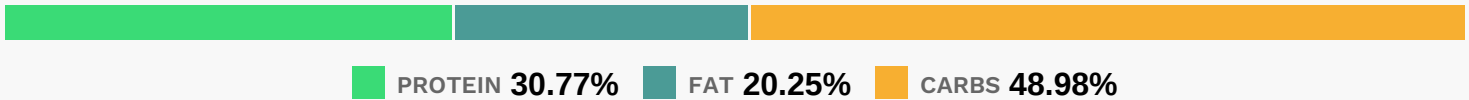
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

# Directions

- ☐ Place the chicken and stock in a large pan and bring to a simmer for 5 mins. Meanwhile, cook the noodles following pack instructions.
- ☐ Add the corn to the stock and cook for 2 mins. Stir the broth vigorously, then while its still swirling, hold a fork over the pan.
- ☐ Pour the eggs over the prongs in a slow stream. Stir again in the same direction then turn off the heat.
- ☐ Add a squeeze of lemon juice and the vinegar.
- ☐ Drain the noodles and divide between four bowls. Ladle over the egg drop broth, scatter with onions and serve.

# Nutrition Facts



# Properties

Glycemic Index:32.38, Glycemic Load:14.21, Inflammation Score:-5, Nutrition Score:18.335217444793%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

# Nutrients (% of daily need)

Calories: 371.74kcal (18.59%), Fat: 8.28g (12.74%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 42.95g (15.62%), Sugar: 7.65g (8.5%), Cholesterol: 127.13mg (42.38%), Sodium: 535.46mg (23.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.32g (56.63%), Selenium: 53.76µg (76.8%), Vitamin B3: 11.94mg (59.68%), Vitamin B6: 0.75mg (37.5%), Phosphorus: 340.05mg (34%), Vitamin B2: 0.46mg (27.18%),

Potassium: 733.97mg (20.97%), Manganese: 0.4mg (20.22%), Copper: 0.32mg (15.97%), Vitamin B5: 1.58mg (15.8%), Vitamin B1: 0.22mg (14.65%), Magnesium: 58.6mg (14.65%), Vitamin K: 13.38µg (12.75%), Zinc: 1.77mg (11.82%), Folate: 46.76µg (11.69%), Iron: 1.94mg (10.78%), Fiber: 2.13g (8.51%), Vitamin C: 5.79mg (7.02%), Vitamin A: 296.97IU (5.94%), Vitamin B12: 0.31µg (5.15%), Calcium: 37.26mg (3.73%), Vitamin E: 0.54mg (3.59%), Vitamin D: 0.5µg (3.31%)