

Egg Drop Soup II

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 29 ounce chicken broth canned
- 1 tablespoon cornstarch
- 1 eggs lightly beaten
- 2 tablespoons spring onion chopped

Equipment

- pot

Directions

- In a medium stock pot, mix cold chicken broth with cornstarch. Slowly heat over medium heat, stirring frequently.
- Pour beaten egg into soup, and stir once around stock pot very gently, in order to break up egg.
- Remove soup from heat immediately, divide into four portions and garnish with green onions.

Nutrition Facts

PROTEIN 54.96% **FAT 40.95%** **CARBS 4.09%**

Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:13.217391165702%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 404.55kcal (20.23%), Fat: 17.7g (27.23%), Saturated Fat: 4.97g (31.06%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.11g (0.12%), Cholesterol: 143.69mg (47.9%), Sodium: 1006.95mg (43.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.45g (106.89%), Selenium: 41.27µg (58.96%), Vitamin B12: 2.15µg (35.89%), Zinc: 5.29mg (35.29%), Phosphorus: 337.62mg (33.76%), Vitamin B3: 4.96mg (24.78%), Vitamin B6: 0.41mg (20.55%), Iron: 2.92mg (16.21%), Vitamin B2: 0.26mg (15.19%), Vitamin K: 10.97µg (10.45%), Magnesium: 41.03mg (10.26%), Potassium: 337.99mg (9.66%), Vitamin A: 453.11IU (9.06%), Copper: 0.11mg (5.71%), Vitamin E: 0.79mg (5.26%), Calcium: 37.13mg (3.71%), Vitamin D: 0.43µg (2.84%), Folate: 11.2µg (2.8%), Vitamin B5: 0.17mg (1.71%)