



## Egg Drop Soup with Fresh Spinach



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



228 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 3 ounces baby spinach thinly sliced
- ☐ 8 brown rice crackers
- ☐ 2 egg whites lightly beaten
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 1 teaspoon soya sauce reduced-sodium
- ☐ 3 scallions thinly sliced
- ☐ 2 servings asian sesame oil
- ☐ 4 ounces mushroom caps stemmed thinly sliced

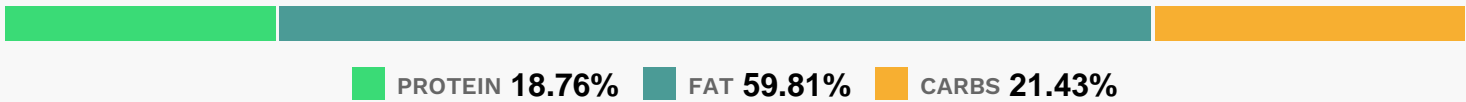
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot

# Directions

- ☐ In a medium saucepan over high heat, bring the chicken broth and 2 cups water to a simmer.
- ☐ Add the spinach, scallions, mushrooms, and soy sauce; cook for 1 minute, stirring.
- ☐ Very slowly pour the egg whites into the pot; immediately turn off the heat. Use a fork to stir the egg whites in a clockwise direction to make thin ribbons in the broth. Ladle into 2 bowls and garnish each with a drop of sesame oil.
- ☐ Serve with the crackers.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The 5-Factor World Diet by Harley Pasternak, M.Sc. and Laura Moser. Copyright © 2010 by Harley Pasternak, M.Sc. and Laura Moser. Published by Ballantine Books. All Right Reserved.Harley Pasternak, M.Sc., has appeared on The Oprah Winfrey Show, The Tyra Banks Show, Access Hollywood, Extra, VH1, E!,and many times on the Today Show. He holds a Masters of Science in exercise physiology and nutritional sciences and an honors degree in kinesiology. He is also certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. He lives in Los Angeles, California.

# Nutrition Facts



# Properties

Glycemic Index:77.38, Glycemic Load:2.96, Inflammation Score:-10, Nutrition Score:21.101738960847%

# Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 227.84kcal (11.39%), Fat: 16.06g (24.71%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 9.98g (3.63%), Sugar: 2.48g (2.76%), Cholesterol: 0mg (0%), Sodium: 252.34mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.66%), Vitamin K: 244.56µg (232.91%), Vitamin A: 4166.96IU (83.34%), Manganese: 0.7mg (35.21%), Vitamin B3: 6.07mg (30.33%), Folate: 104.49µg (26.12%), Vitamin B2: 0.43mg (25.18%), Potassium: 730.71mg (20.88%), Vitamin C: 15.33mg (18.59%), Phosphorus: 181.01mg (18.1%), Vitamin B6: 0.31mg (15.47%), Magnesium: 61.64mg (15.41%), Copper: 0.29mg (14.51%), Selenium: 9.78µg (13.97%), Iron: 2.28mg (12.65%), Fiber: 2.97g (11.9%), Vitamin B5: 1.02mg (10.16%), Zinc: 1.23mg (8.17%), Vitamin E: 1.17mg (7.79%), Calcium: 69.8mg (6.98%), Vitamin B1: 0.07mg (4.69%), Vitamin B12: 0.26µg (4.38%), Vitamin D: 0.23µg (1.51%)