



## Egg Drop Soup with Mustard Greens

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 servings asian fish sauce (nuoc mam or nam pla)
- 2 large eggs
- 8 cups fat-skimmed chicken broth
- 4 servings green onions chopped
- 4 servings hot sauce red
- 2 stalks lemon grass fresh yellow ( 2 oz. total) ( part only;)
- 1 pound mustard greens
- 0.3 pound fat-trimmed boned pork loin

- 0.3 pound rice noodles chinese ( rice sticks, or mai fun)

## Equipment

- bowl
- frying pan
- ladle
- slotted spoon

## Directions

- Cut pork into 1/4-inch-thick slices; then cut slices into pieces about 2 inches long.
- In a 4- to 5-quart nonstick pan over high heat, stir pork until most of the pink is gone, 2 to 3 minutes.
- Pour into a bowl.
- Trim and discard root ends and coarse outer leaves from lemon grass. Crush lemon grass slightly.
- Add lemon grass and broth to pan and bring to a boil over high heat. Reduce heat, cover, and simmer to blend flavors, about 15 minutes.
- Meanwhile, rinse and drain mustard greens. Discard tough stems.
- Cut greens into 2- to 3-inch pieces.
- Add mustard greens, noodles, and shrimp to broth mixture. Simmer just until noodles are tender to bite and shrimp are pink and opaque but still moist-looking in center of thickest part (cut to test), about 6 minutes. With a slotted spoon, lift out and discard lemon grass from broth. Return pork and juices to pan.
- Break eggs into broth mixture and stir gently, breaking yolks, until eggs are set, about 1 minute.
- Ladle soup into wide bowls.
- Add fish sauce, green onions, and red chili sauce to taste.

## Nutrition Facts

 PROTEIN 8.85%  FAT 62.58%  CARBS 28.57%

## Properties

Glycemic Index:30.5, Glycemic Load:14.05, Inflammation Score:-10, Nutrition Score:26.436087152232%

## Flavonoids

Isorhamnetin: 18.37mg, Isorhamnetin: 18.37mg, Isorhamnetin: 18.37mg, Isorhamnetin: 18.37mg Kaempferol: 43.51mg, Kaempferol: 43.51mg, Kaempferol: 43.51mg, Kaempferol: 43.51mg Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg

## Nutrients (% of daily need)

Calories: 457.73kcal (22.89%), Fat: 32.2g (49.53%), Saturated Fat: 11.96g (74.77%), Carbohydrates: 33.07g (11.02%), Net Carbohydrates: 28.72g (10.44%), Sugar: 3.11g (3.46%), Cholesterol: 119.93mg (39.98%), Sodium: 2113.55mg (91.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.48%), Vitamin K: 305.32µg (290.78%), Vitamin C: 81.51mg (98.8%), Vitamin A: 3658.55IU (73.17%), Selenium: 23.26µg (33.22%), Manganese: 0.6mg (30.09%), Phosphorus: 221.05mg (22.11%), Iron: 3.88mg (21.56%), Vitamin B2: 0.36mg (21.07%), Potassium: 706.82mg (20.19%), Vitamin E: 2.84mg (18.94%), Vitamin B12: 1.14µg (18.92%), Vitamin B3: 3.74mg (18.7%), Calcium: 178.3mg (17.83%), Fiber: 4.36g (17.43%), Copper: 0.35mg (17.27%), Vitamin B6: 0.34mg (16.8%), Magnesium: 55.28mg (13.82%), Vitamin B5: 1.19mg (11.9%), Folate: 41.17µg (10.29%), Vitamin B1: 0.15mg (10.27%), Vitamin D: 1.21µg (8.06%), Zinc: 1.14mg (7.59%)