



Egg, Lemon, and Rice Soup (Avgolemono Soup)



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



94 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 quarts chicken broth
- ☐ 4 large eggs
- ☐ 0.3 cup fresh-squeezed lemon juice
- ☐ 8 servings salt and pepper
- ☐ 0.5 cup rice long-grain white

Equipment

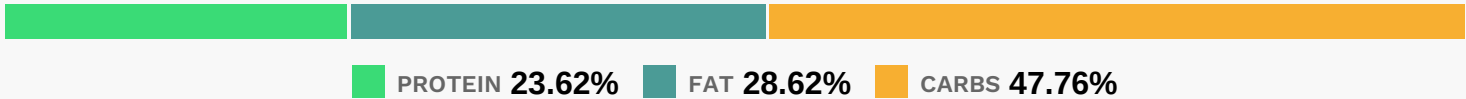
- ☐ bowl

- ☐ frying pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ In a medium pan over high heat, bring broth and rice to a boil. Reduce heat, cover, and simmer until rice is tender to bite, 15 to 20 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Remove from heat.
- ☐ In a bowl, whisk eggs, lemon juice, and 1/4 cup water to blend. Gradually whisk in about a cup of the hot broth mixture. Then gradually whisk egg mixture into broth and rice mixture. Stir over low heat just until hot, 1 to 3 minutes; don't boil or soup may curdle. Ladle into bowls.

Nutrition Facts



Properties

Glycemic Index:7.65, Glycemic Load:5.56, Inflammation Score:-1, Nutrition Score:4.7413043593583%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 94.39kcal (4.72%), Fat: 2.97g (4.58%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 10.99g (3.99%), Sugar: 1.38g (1.53%), Cholesterol: 97.73mg (32.58%), Sodium: 1107.71mg (48.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.05%), Vitamin B2: 0.26mg (15.35%), Selenium: 10.38µg (14.83%), Manganese: 0.24mg (12.17%), Phosphorus: 73.07mg (7.31%), Vitamin B5: 0.54mg (5.35%), Vitamin C: 3.93mg (4.77%), Vitamin B1: 0.07mg (4.68%), Vitamin B12: 0.27µg (4.5%), Zinc: 0.62mg (4.13%), Copper: 0.08mg (4.04%), Iron: 0.71mg (3.92%), Folate: 14.71µg (3.68%), Vitamin B3: 0.73mg (3.66%), Vitamin D: 0.5µg (3.33%), Vitamin B6: 0.07mg (3.31%), Potassium: 100.89mg (2.88%), Vitamin A: 140.34IU (2.81%), Calcium: 27.43mg (2.74%), Vitamin E: 0.39mg (2.57%), Magnesium: 8.87mg (2.22%)