



Fritatten Soupe



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



220 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups beef stock
- ☐ 3 eggs
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 Dash nutmeg
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon cooking sherry

- ☐ 1 cup water plus 2 teaspoons
- ☐ 8 mushrooms white thinly sliced

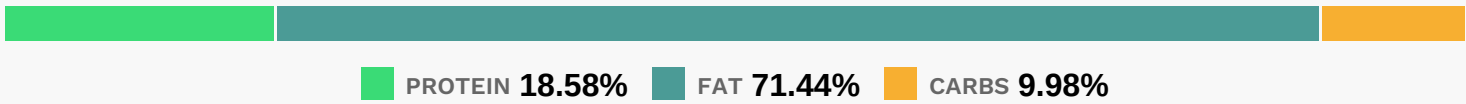
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat a sauce pot over medium heat with a drizzle of olive oil. Gently cook mushrooms 5 minutes, season lightly with salt and pepper.
- ☐ Add a splash of sherry and cook off.
- ☐ Add beef stock and 1 cup water and simmer over low heat.
- ☐ Whisk eggs in a bowl with a pinch of salt and a splash of water, about 2 teaspoons.
- ☐ Sprinkle the flour while you whisk and add a dash of freshly grated nutmeg.
- ☐ Heat a drizzle of olive oil at a time in a small nonstick pan over medium-high heat.
- ☐ Add a small ladle of eggs to the pan and swirl it around. Flip the egg crepe after 30 to 40 seconds and cook 15 to 20 seconds on the other side. Stack up the egg crepes and when you've used the last, 6 to 8 crepes, roll the crepes and slice into 1-inch strips.
- ☐ Divide the crepe strips evenly among 4 bowls and top with 2 tablespoons chopped chives then ladle the beef and mushroom broth over top and serve immediately.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:10.480000008707%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 219.68kcal (10.98%), Fat: 17.61g (27.08%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 4.99g (1.82%), Sugar: 2.35g (2.61%), Cholesterol: 122.76mg (40.92%), Sodium: 527.61mg (22.94%), Alcohol: 0.39g (100%), Alcohol %: 0.12% (100%), Protein: 10.3g (20.6%), Vitamin B2: 0.54mg (31.62%), Selenium: 17.1µg (24.42%), Vitamin B3: 3.64mg (18.19%), Potassium: 627.26mg (17.92%), Phosphorus: 177.46mg (17.75%), Vitamin E: 2.4mg (15.97%), Copper: 0.29mg (14.41%), Vitamin B6: 0.23mg (11.74%), Vitamin K: 12.14µg (11.57%), Vitamin B5: 1.12mg (11.17%), Vitamin B1: 0.14mg (9%), Iron: 1.6mg (8.9%), Folate: 30.76µg (7.69%), Zinc: 1.07mg (7.16%), Magnesium: 26.81mg (6.7%), Vitamin B12: 0.31µg (5.16%), Vitamin D: 0.74µg (4.93%), Vitamin A: 244.3IU (4.89%), Calcium: 43.56mg (4.36%), Manganese: 0.06mg (3.24%), Fiber: 0.54g (2.17%), Vitamin C: 1.72mg (2.08%)