



Garlic Soup with Poached Eggs

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices baguette (1/2-inch-thick)
- ☐ 1 quart chicken stock see
- ☐ 0.5 cup cilantro sprigs fresh packed
- ☐ 4 large eggs
- ☐ 1 medium head garlic peeled thinly sliced
- ☐ 4 lime wedges
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper flakes dried red hot

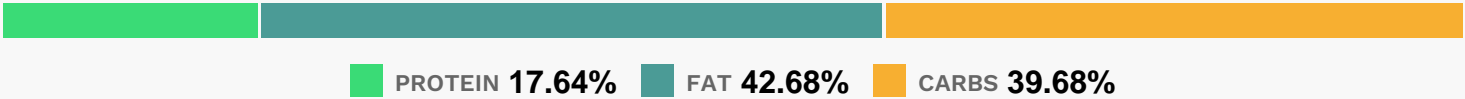
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slotted spoon

Directions

- ☐ Cook garlic in oil in a deep 10-inch heavy skillet over low heat, stirring occasionally, until tender and pale golden, 8 to 10 minutes.
- ☐ Transfer garlic to a bowl with a slotted spoon.
- ☐ Add bread slices to skillet and cook over moderate heat, turning once, until browned, about 4 minutes. Divide toasts among 4 large soup bowls.
- ☐ Add stock, red pepper flakes, and garlic to skillet and bring to a simmer.
- ☐ Break 1 egg into a cup and slide egg into simmering stock. Repeat with remaining eggs. Poach eggs at a bare simmer until whites are firm but yolks are still runny, 3 to 4 minutes.
- ☐ Transfer eggs with slotted spoon to toasts and season with salt. Ladle soup into bowls and top with cilantro.
- ☐ Serve with lime wedges.
- ☐ ·The eggs in this recipe will not be fully cooked, which may be of concern if salmonella is a problem in your area.

Nutrition Facts



Properties

Glycemic Index:33.94, Glycemic Load:21.57, Inflammation Score:-5, Nutrition Score:17.277826143348%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg,

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Nutrients (% of daily need)

Calories: 422.5kcal (21.13%), Fat: 19.96g (30.7%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 41.75g (13.92%), Net Carbohydrates: 39.67g (14.43%), Sugar: 7.27g (8.08%), Cholesterol: 193.1mg (64.37%), Sodium: 811.12mg (35.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.55g (37.11%), Selenium: 31.72µg (45.32%), Vitamin B2: 0.64mg (37.93%), Vitamin B3: 6.77mg (33.86%), Vitamin B1: 0.48mg (32.2%), Folate: 106.62µg (26.66%), Manganese: 0.48mg (23.77%), Phosphorus: 228.89mg (22.89%), Iron: 3.85mg (21.42%), Vitamin E: 2.5mg (16.67%), Vitamin B6: 0.31mg (15.64%), Vitamin K: 15.79µg (15.04%), Copper: 0.26mg (13.04%), Potassium: 433.09mg (12.37%), Calcium: 112.09mg (11.21%), Vitamin B5: 1.06mg (10.62%), Zinc: 1.53mg (10.19%), Vitamin A: 495.58IU (9.91%), Magnesium: 34.72mg (8.68%), Fiber: 2.08g (8.3%), Vitamin C: 6.25mg (7.58%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)