



Ginger Scallion Egg-Drop Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces chicken breast boneless skinless
- 2 large eggs lightly beaten
- 2 inch ginger peeled sliced
- 1.5 cups chicken broth reduced-sodium
- 6 spring onion divided
- 2 servings sesame oil
- 2 cups water
- 0.3 teaspoon pepper white

Equipment

- sauce pan
- cutting board

Directions

- Smash 3 scallions and cut into 2-inch pieces, then put in a 2-quart saucepan with water, broth, ginger, and 3/4 teaspoon salt. Bring to a simmer, then poach chicken at a bare simmer, uncovered, until just cooked through, 12 to 15 minutes.
- Transfer chicken to a cutting board and let broth steep, covered, 10 minutes.
- Meanwhile, chop remaining 3 scallions and shred chicken.
- Discard scallions and ginger from broth and bring to a brisk simmer.
- Add beaten eggs in a slow stream, stirring constantly.
- Remove from heat and stir in scallions, chicken, and white pepper (if using).
- Serve drizzled with sesame oil.

Nutrition Facts

 **PROTEIN 33.74%**  **FAT 58.57%**  **CARBS 7.69%**

Properties

Glycemic Index:23.5, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:20.002173879872%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 338.4kcal (16.92%), Fat: 22.15g (34.07%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 5.4g (1.96%), Sugar: 1.37g (1.53%), Cholesterol: 240.43mg (80.14%), Sodium: 241.27mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.71g (57.42%), Vitamin K: 76.75µg (73.1%), Selenium: 42.84µg (61.2%), Vitamin B3: 11.57mg (57.87%), Vitamin B6: 0.77mg (38.66%), Phosphorus: 346.84mg (34.68%), Vitamin B2: 0.4mg (23.42%), Vitamin B5: 2.02mg (20.2%), Potassium: 664.49mg (18.99%), Vitamin B12: 0.79µg (13.2%), Vitamin A: 654.43IU (13.09%), Folate: 50.74µg (12.68%), Iron: 2.17mg (12.07%), Copper: 0.24mg (11.75%), Magnesium: 42.68mg (10.67%), Zinc: 1.51mg (10.04%), Vitamin C: 8.19mg (9.93%), Calcium: 74.13mg (7.41%), Vitamin E: 1.1mg

(7.33%), Vitamin D: 1.09µg (7.23%), Vitamin B1: 0.1mg (6.4%), Manganese: 0.11mg (5.56%), Fiber: 1.14g (4.57%)