



Green Onion Egg Drop Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



45 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.3 teaspoon ginger fresh grated peeled
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1.5 teaspoons soya sauce low-sodium
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.3 cup shiitake mushroom caps thinly sliced

☐ 1 cup water

Equipment

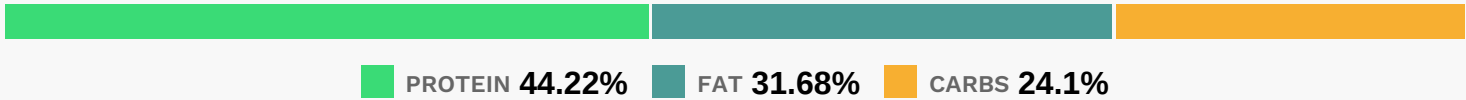
☐ sauce pan

☐ whisk

Directions

- ☐ Combine first 6 ingredients in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 3 minutes.
- ☐ Combine egg whites and egg, stirring with a whisk.
- ☐ Pour egg mixture into simmering broth mixture; stir once. Cook 1 minute.
- ☐ Remove from heat; stir in pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:6.1213043254355%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 44.9kcal (2.24%), Fat: 1.63g (2.51%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 1.97g (0.72%), Sugar: 1.17g (1.3%), Cholesterol: 46.5mg (15.5%), Sodium: 815.64mg (35.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Vitamin K: 25.95µg (24.72%), Selenium: 12.04µg (17.2%), Vitamin B2: 0.22mg (12.99%), Vitamin B3: 1.8mg (8.98%), Vitamin B12: 0.47µg (7.78%), Phosphorus: 74.87mg (7.49%), Vitamin B5: 0.73mg (7.26%), Vitamin B6: 0.11mg (5.6%), Potassium: 194.42mg (5.55%), Manganese: 0.1mg (4.94%), Folate: 19.53µg (4.88%), Copper: 0.09mg (4.66%), Iron: 0.76mg (4.23%), Vitamin A: 192.26IU (3.85%), Magnesium: 13.27mg (3.32%), Fiber: 0.82g (3.27%), Zinc: 0.46mg (3.1%), Vitamin C: 2.36mg (2.86%), Calcium: 26.81mg (2.68%), Vitamin D: 0.33µg (2.17%), Vitamin B1: 0.03mg (1.87%), Vitamin E: 0.21mg (1.39%)