



Healthy & Delicious: Italian Egg-Drop Soup

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups swiss chard chopped
- 6 servings pepper black freshly ground
- 15 ounce garbanzo beans drained and rinsed canned
- 4 large eggs lightly beaten
- 2 tablespoons juice of lemon freshly squeezed
- 6 cups chicken broth reduced-sodium
- 1 Dash nutmeg
- 6 tablespoons parmesan cheese grated
- 1 bunch spring onion divided sliced

- 2 cups water
- 1.3 cups pasta whole-wheat

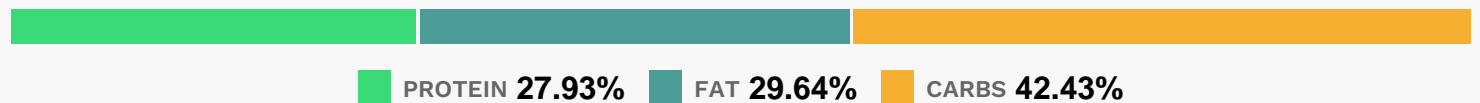
Equipment

- dutch oven

Directions

- In a large pot or Dutch oven, combine broth, water, pasta, chickpeas, scallions, and nutmeg over high heat. Cover. Once mixture comes to a boil, uncover and cook 3 to 4 minutes.
- Add leafy greens. Stir. Cook 1 minute. Drop heat to a simmer. Slowly pour eggs in soup, stirring constantly. Cook 2 minutes. Season with pepper.
- Add scallions and lemon juice.
- Serve with Parmesan sprinkled on top.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:2.83, Inflammation Score:-8, Nutrition Score:20.154348166093%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 222.17kcal (11.11%), Fat: 7.67g (11.81%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 24.71g (8.24%), Net Carbohydrates: 21.13g (7.68%), Sugar: 0.9g (1%), Cholesterol: 128.35mg (42.78%), Sodium: 446.75mg (19.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.54%), Vitamin K: 158.03µg (150.5%), Manganese: 1.09mg (54.56%), Selenium: 23.33µg (33.33%), Vitamin A: 1375.66IU (27.51%), Phosphorus: 270.27mg (27.03%), Vitamin B6: 0.47mg (23.62%), Vitamin B3: 4.14mg (20.7%), Copper: 0.37mg (18.37%), Vitamin B2: 0.29mg (17.09%), Iron: 2.86mg (15.88%), Magnesium: 63.26mg (15.81%), Fiber: 3.59g (14.34%), Potassium: 475.21mg (13.58%), Zinc: 1.78mg (11.89%), Folate: 47.51µg (11.88%), Calcium: 117.92mg (11.79%), Vitamin B12: 0.6µg (10%), Vitamin C: 8.16mg

(9.89%), Vitamin B5: 0.91mg (9.12%), Vitamin B1: 0.11mg (7.58%), Vitamin E: 0.75mg (4.97%), Vitamin D: 0.69µg (4.61%)