



## Irish Egg Drop Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 large baking potatoes peeled cut into 1 inch pieces
- 1 cube chicken bouillon
- 3 eggs beaten
- 1 tablespoon butter
- 1 large onion coarsely chopped

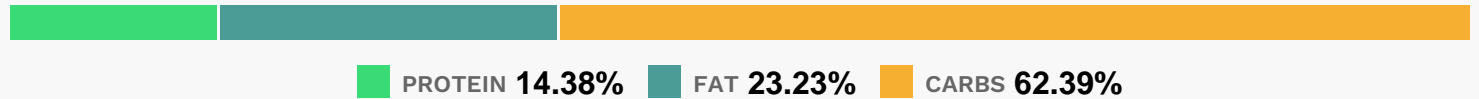
### Equipment

- pot

# Directions

- Place the potatoes, onion, margarine and bouillon cube into a soup pot, and fill with enough water to cover the potatoes by 1 to 2 inches. Bring to a boil, and cook for 30 minutes, until potatoes are falling apart. You can smash them up a little if you prefer the texture.
- Drizzle the beaten eggs into the pot, while stirring constantly. Continue to cook and stir for about 2 minutes, until the eggs are completely cooked in long strands.

# Nutrition Facts



# Properties

Glycemic Index:27.94, Glycemic Load:27, Inflammation Score:-5, Nutrition Score:11.740000206491%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

# Nutrients (% of daily need)

Calories: 233.12kcal (11.66%), Fat: 6.14g (9.45%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 37.11g (12.37%), Net Carbohydrates: 34.08g (12.39%), Sugar: 2.86g (3.17%), Cholesterol: 122.76mg (40.92%), Sodium: 91.59mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Vitamin B6: 0.74mg (36.9%), Potassium: 871.14mg (24.89%), Phosphorus: 178.5mg (17.85%), Manganese: 0.35mg (17.36%), Vitamin C: 13.3mg (16.12%), Selenium: 11.06µg (15.8%), Vitamin B2: 0.22mg (13.13%), Magnesium: 50.26mg (12.56%), Iron: 2.24mg (12.46%), Vitamin B1: 0.18mg (12.14%), Fiber: 3.04g (12.14%), Folate: 48.5µg (12.13%), Copper: 0.23mg (11.42%), Vitamin B5: 1.11mg (11.1%), Vitamin B3: 1.98mg (9.89%), Zinc: 1.02mg (6.83%), Vitamin A: 305.99IU (6.12%), Calcium: 52.15mg (5.22%), Vitamin B12: 0.3µg (4.95%), Vitamin D: 0.66µg (4.4%), Vitamin K: 3.57µg (3.4%), Vitamin E: 0.48mg (3.21%)