



Kale and Parmesan Egg Drop Soup (Stracciatella)

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



113 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 4 large eggs
- 8 ounces flat parsley (1 bunch)
- 1 teaspoon kosher salt as needed plus more
- 1.5 quarts chicken broth low-sodium
- 1 tablespoon olive oil
- 1.5 ounces parmesan cheese finely grated

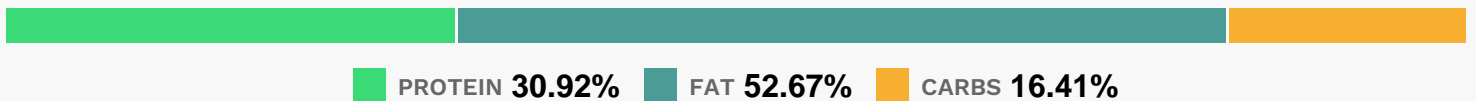
Equipment

- bowl
- sauce pan
- whisk

Directions

- Wash and dry the kale.
- Cut out the tough stems from the leaves and discard. Arrange the leaves in stacks, slice crosswise into 1/4-inch ribbons, and set aside. (You should have about 4 cups.)
- Heat the oil in a large saucepan over medium-high heat until shimmering.
- Add the kale and season with salt and pepper. Cook, stirring occasionally, until just wilted, about 3 minutes. Increase the heat to high, add the broth and measured salt and pepper, and bring to a simmer. Reduce the heat to medium low and continue simmering until the kale has softened but isn't mushy and the flavors have melded, about 10 minutes. Meanwhile, place the eggs and cheese in a medium bowl, season with salt and pepper, and whisk until combined; set aside. Increase the heat to medium, slowly pour the egg mixture into the saucepan, and stir to combine. Return to a simmer, stirring occasionally to break up any large pieces of egg.
- Remove from the heat, taste, and season with salt and pepper as needed.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.29, Inflammation Score:-9, Nutrition Score:15.566087080085%

Flavonoids

Apigenin: 61.08mg, Apigenin: 61.08mg, Apigenin: 61.08mg, Apigenin: 61.08mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 4.21mg, Myricetin: 4.21mg, Myricetin: 4.21mg, Myricetin: 4.21mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 112.51kcal (5.63%), Fat: 6.91g (10.63%), Saturated Fat: 2.2g (13.78%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.57g (0.63%), Cholesterol: 97.62mg (32.54%), Sodium: 488.38mg (21.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.25%), Vitamin K: 466.36µg (444.15%), Vitamin A: 2569.83IU (51.4%), Vitamin C: 37.7mg (45.7%), Phosphorus: 153.07mg (15.31%), Iron: 2.62mg (14.53%), Vitamin B3: 2.83mg (14.13%), Folate: 55.18µg (13.8%), Selenium: 9.57µg (13.67%), Vitamin B2: 0.21mg (12.58%), Calcium: 107.96mg (10.8%), Potassium: 355.68mg (10.16%), Vitamin B12: 0.47µg (7.86%), Copper: 0.15mg (7.74%), Zinc: 1.04mg (6.9%), Magnesium: 21.03mg (5.26%), Vitamin B5: 0.52mg (5.16%), Vitamin E: 0.76mg (5.04%), Vitamin B6: 0.09mg (4.52%), Fiber: 0.97g (3.87%), Manganese: 0.07mg (3.68%), Vitamin D: 0.53µg (3.51%), Vitamin B1: 0.04mg (2.4%)