



Lemon and Egg Soup

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 6 cups chicken stock see
- ☐ 2 large egg yolks
- ☐ 2 large eggs
- ☐ 1 Handful flat-leaf parsley chopped
- ☐ 2 drops hot sauce
- ☐ 1 optional: lemon peeled
- ☐ 4 servings pita chips

- ☐ 1 pinch saffron powder
- ☐ 4 servings salt and pepper

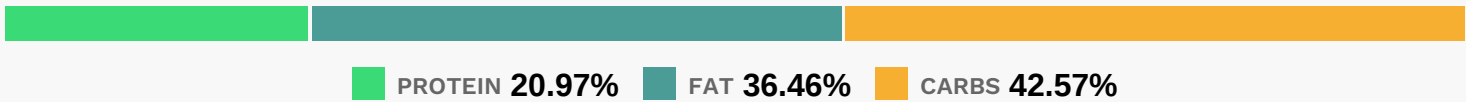
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk

Directions

- ☐ Bring stock to a boil with saffron, bay leaf, and lemon peel. Cover and steep 5 minutes then turn off heat and remove bay leaf and peel.
- ☐ Whisk eggs and yolks with lemon juice and hot sauce.
- ☐ Whisk in 1/2 cup of the soup to temper the eggs.
- ☐ Whisk the egg mixture into the soup then turn heat on low and whisk together until soup thickens slightly, 4 to 5 minutes. Stir in parsley and season with salt and pepper. Ladle soup into bowls and top with a few pita chips.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:15.739999833314%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 329.04kcal (16.45%), Fat: 13.3g (20.46%), Saturated Fat: 3.14g (19.61%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 33.07g (12.03%), Sugar: 7.85g (8.72%), Cholesterol: 195.6mg (65.2%), Sodium: 1001.63mg

(43.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.42%), Selenium: 29.73µg (42.48%), Vitamin B3: 7.72mg (38.61%), Vitamin B2: 0.56mg (32.82%), Phosphorus: 219.58mg (21.96%), Vitamin B1: 0.32mg (21.31%), Folate: 84.54µg (21.13%), Vitamin C: 16.76mg (20.31%), Vitamin B6: 0.35mg (17.31%), Vitamin E: 2.58mg (17.19%), Vitamin K: 17.6µg (16.76%), Iron: 2.95mg (16.39%), Potassium: 501.79mg (14.34%), Copper: 0.27mg (13.52%), Manganese: 0.21mg (10.57%), Zinc: 1.32mg (8.8%), Vitamin B5: 0.83mg (8.33%), Magnesium: 30.94mg (7.73%), Fiber: 1.86g (7.45%), Vitamin A: 360.97IU (7.22%), Vitamin B12: 0.39µg (6.47%), Vitamin D: 0.96µg (6.39%), Calcium: 49.31mg (4.93%)