



Lemon Chicken Soup



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32.3 ounce condensed chicken and rice soup canned recommended: Campbell's
- ☐ 3 egg yolks lightly beaten
- ☐ 1 tablespoon parsley leaves fresh finely chopped
- ☐ 0.3 cup juice of lemon
- ☐ 3 cups chicken broth low-sodium recommended: Swanson's
- ☐ 1 roasted chicken breast shredded store-bought cooked

Equipment

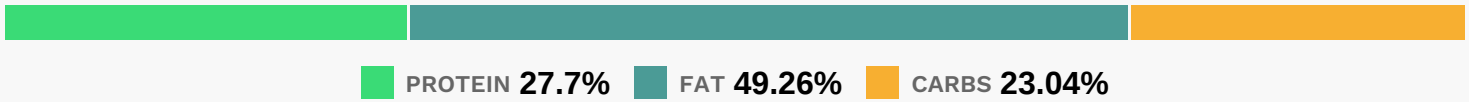
- ☐ bowl

- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ In a medium pot, over medium-high heat, add condensed chicken and rice soup, chicken broth and lemon juice. Bring to simmer.
- ☐ In a small bowl, lightly whisk egg yolks. Slowly stir in 1/4 cup of the hot broth into the egg yolks to prevent curdling. Gradually pour the egg yolk mixture into the soup, stirring constantly. Stir in shredded chicken and heat through. Ladle into bowls and garnish with a pinch of fresh parsley.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:7.05, Inflammation Score:-5, Nutrition Score:14.382608843886%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 353.28kcal (17.66%), Fat: 19.42g (29.88%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 20.35g (7.4%), Sugar: 2.06g (2.29%), Cholesterol: 200.64mg (66.88%), Sodium: 1696.71mg (73.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.13%), Vitamin B3: 9.25mg (46.26%), Selenium: 23.79µg (33.99%), Phosphorus: 276.85mg (27.69%), Vitamin K: 25.99µg (24.76%), Copper: 0.42mg (20.95%), Iron: 3.69mg (20.49%), Vitamin B6: 0.33mg (16.66%), Vitamin B2: 0.28mg (16.62%), Vitamin A: 705.15IU (14.1%), Vitamin B5: 1.29mg (12.88%), Potassium: 415.5mg (11.87%), Vitamin E: 1.74mg (11.58%), Vitamin C: 9.43mg (11.43%), Zinc: 1.6mg (10.67%), Vitamin B12: 0.59µg (9.77%), Manganese: 0.17mg (8.71%), Folate: 31.59µg (7.9%), Calcium: 65.54mg (6.55%), Magnesium: 25.78mg (6.44%), Vitamin B1: 0.09mg (5.95%), Vitamin D: 0.77µg (5.15%)