



Lemon Chicken Soup and Salad

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces baby carrots cut into chunks
- ☐ 2 large eggs
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 tablespoons juice of lemon fresh
- ☐ 4 cups chicken broth low-sodium
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 2 cups rotisserie chicken cut shredded skinless

- ☐ 8 cups salad greens
- ☐ 5 scallions white green separated chopped (and parts)
- ☐ 4 ounces baby turnips quartered
- ☐ 0.5 cup rice white

Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat 1 tablespoon olive oil in a large pot over medium-high heat.
- ☐ Add the scallion whites and cook, stirring, until softened, about 2 minutes.
- ☐ Add the chicken broth, 3 cups water, the rice, carrots, turnips and 1/4 teaspoon each salt and pepper. Bring to a boil, then reduce the heat to medium low and simmer until the rice and vegetables are tender, 12 to 15 minutes.
- ☐ Whisk the eggs and 3 tablespoons lemon juice in a medium bowl. Slowly ladle about 1 1/2 cups of the hot broth into the egg mixture, whisking constantly.
- ☐ Add the shredded chicken to the pot, then whisk in the egg-broth mixture. Return the soup to a gentle simmer, then remove from the heat. Stir in the scallion greens and parsley and season with salt and pepper.
- ☐ Put the salad greens in a large bowl and toss with the remaining 3 tablespoons olive oil and 1 tablespoon lemon juice. Season with salt and pepper.
- ☐ Serve with the soup.
- ☐ Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/lemon-chicken-soup-and-salad-recipe.html?oc=linkback>
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 **PROTEIN 29.2%**  **FAT 42.67%**  **CARBS 28.13%**

Properties

Glycemic Index:49.55, Glycemic Load:12.34, Inflammation Score:-10, Nutrition Score:27.180000056391%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 425.12kcal (21.26%), Fat: 20.6g (31.69%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 28.39g (10.33%), Sugar: 3.61g (4.01%), Cholesterol: 155.3mg (51.77%), Sodium: 606.36mg (26.36%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 31.72g (63.44%), Vitamin A: 5368.97IU (107.38%), Vitamin K: 91.47µg (87.11%), Vitamin B3: 11.46mg (57.28%), Selenium: 34.87µg (49.81%), Vitamin C: 37.87mg (45.9%), Phosphorus: 381.38mg (38.14%), Manganese: 0.5mg (24.93%), Vitamin B6: 0.47mg (23.48%), Potassium: 803.84mg (22.97%), Vitamin B2: 0.37mg (21.58%), Folate: 79.97µg (19.99%), Vitamin B5: 1.94mg (19.36%), Vitamin E: 2.56mg (17.06%), Copper: 0.33mg (16.53%), Iron: 2.8mg (15.53%), Magnesium: 49.5mg (12.37%), Zinc: 1.84mg (12.26%), Vitamin B12: 0.65µg (10.91%), Vitamin B1: 0.14mg (9.55%), Fiber: 2.17g (8.67%), Calcium: 83.79mg (8.38%), Vitamin D: 0.5µg (3.33%)