



Lemon Chicken Soup I

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 6 servings ground pepper black to taste
- 2 lemons
- 16 ounce orzo pasta uncooked
- 6 servings salt to taste
- 8 cups water
- 4 pounds meat from a rotisserie chicken whole

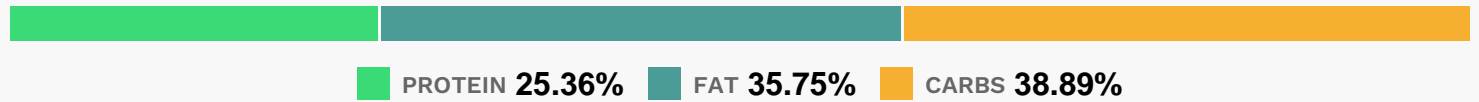
Equipment

- bowl
- whisk
- pot

Directions

- In a large soup pot, cook chicken in water until the meat begins to fall off the bone.
- Skim fat off stock.
- Remove the chicken from pot, and set aside to cool.
- Add pasta to stock, and cook for about 10 minutes. Shut off heat.
- In a medium bowl, beat 2 eggs with the juice of 2 lemons until foamy.
- Whisk 1 cup stock slowly into the egg/lemon mixture. Repeat with another cup of stock, and pour mixture into soup.
- Bone chicken, and add meat to soup. Stir well.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:23.3, Inflammation Score:-5, Nutrition Score:21.043478426726%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 624.21kcal (31.21%), Fat: 24.51g (37.7%), Saturated Fat: 6.94g (43.37%), Carbohydrates: 59.97g (19.99%), Net Carbohydrates: 56.52g (20.55%), Sugar: 2.97g (3.3%), Cholesterol: 163.42mg (54.47%), Sodium: 337.27mg (14.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.11g (78.22%), Selenium: 73.33µg (104.76%), Vitamin B3: 11.2mg (56.02%), Phosphorus: 391.21mg (39.12%), Manganese: 0.75mg (37.45%), Vitamin B6: 0.67mg (33.47%), Vitamin C: 21.4mg (25.94%), Zinc: 3.21mg (21.41%), Vitamin B5: 1.94mg (19.41%), Magnesium: 77.07mg (19.27%),

Copper: 0.36mg (18.2%), Vitamin B2: 0.29mg (17.29%), Iron: 2.77mg (15.41%), Potassium: 514.21mg (14.69%), Fiber: 3.45g (13.81%), Vitamin B1: 0.18mg (11.7%), Vitamin B12: 0.58µg (9.67%), Folate: 33.19µg (8.3%), Calcium: 59.44mg (5.94%), Vitamin A: 290.88IU (5.82%), Vitamin E: 0.73mg (4.85%), Vitamin D: 0.58µg (3.89%), Vitamin K: 2.46µg (2.34%)