



Lemon Chicken Soup with Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup arborio rice
- ☐ 4 servings pepper black freshly ground
- ☐ 6 cups chicken stock see homemade
- ☐ 4 servings sea salt
- ☐ 3 large eggs
- ☐ 0.5 cup juice of lemon fresh (from 2 lemons)
- ☐ 0.8 cup roasted chicken

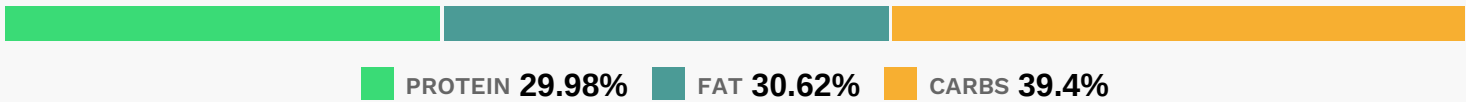
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring the stock to the boil in a 5 quart pot, stir in the rice and cook, covered, at a gentle simmer, for about 15 minutes until the rice is tender.
- ☐ Remove from the heat and cover to keep warm.
- ☐ In a medium bowl, beat the eggs, then beat in the lemon juice a little at a time, whisking constantly to combine. Still whisking the egg mixture, slowly add about 1/4 cup of the stock, whisking vigorously to combine. Repeat twice, then add the egg mixture to the pan with the stock, whisking to combine. Season to taste with salt and pepper. Stir in the chicken, ladle the soup into bowls and garnish with dill, fennel fronds or parsley, if you like.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:10.45, Inflammation Score:-4, Nutrition Score:14.000434862531%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 293.69kcal (14.68%), Fat: 9.79g (15.06%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 28.34g (9.45%), Net Carbohydrates: 27.75g (10.09%), Sugar: 6.6g (7.33%), Cholesterol: 169.99mg (56.66%), Sodium: 782.02mg (34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.56g (43.13%), Vitamin B3: 8.5mg (42.5%), Selenium: 28.44µg (40.63%), Vitamin B2: 0.53mg (31.1%), Phosphorus: 240.28mg (24.03%), Vitamin B6: 0.43mg (21.69%), Folate: 81.55µg (20.39%), Vitamin B1: 0.26mg (17.26%), Potassium: 535.31mg (15.29%), Vitamin C: 12.52mg (15.18%), Copper: 0.28mg (13.89%), Iron: 2.47mg (13.73%), Vitamin B5: 1.09mg (10.86%), Zinc: 1.59mg (10.58%), Manganese:

0.2mg (10.24%), Magnesium: 30.25mg (7.56%), Vitamin B12: 0.41µg (6.83%), Vitamin D: 0.75µg (5%), Vitamin A: 226.44IU (4.53%), Calcium: 37.84mg (3.78%), Vitamin E: 0.55mg (3.66%), Fiber: 0.58g (2.33%)