

Lemon Soup

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 48 fluid ounce chicken broth canned
- ☐ 2 egg whites
- ☐ 2 egg yolks
- ☐ 1 juice of lemon juiced
- ☐ 1 cup orzo pasta uncooked
- ☐ 8 servings salt and pepper to taste

Equipment

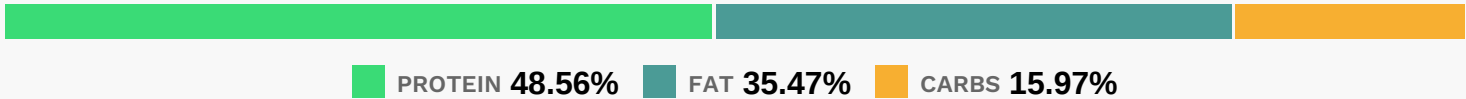
- ☐ bowl

- ☐ ladle
- ☐ pot

Directions

- ☐ Pour chicken broth into a large pot, and bring to a boil.
- ☐ Add orzo pasta, and simmer for 10 minutes, until tender.
- ☐ In a medium glass or metal bowl, whip egg whites to medium stiff peaks. Stir in egg yolks and lemon juice. When the pasta has finished cooking, Gradually ladle about 1 cup of the soup into the egg mixture while stirring gently. This will heat up the eggs so they will not be shocked by the boiling liquid.
- ☐ Pour the egg mixture into the soup pot, and stir until well blended. Season with salt and pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:5.63, Inflammation Score:-4, Nutrition Score:13.39347814477%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 417kcal (20.85%), Fat: 15.87g (24.41%), Saturated Fat: 4.48g (27.97%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 15.46g (5.62%), Sugar: 0.67g (0.75%), Cholesterol: 137.31mg (45.77%), Sodium: 1064.73mg (46.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.88g (97.76%), Selenium: 48.52µg (69.31%), Phosphorus: 325.87mg (32.59%), Zinc: 4.81mg (32.05%), Vitamin B12: 1.87µg (31.14%), Vitamin B3: 4.59mg (22.95%), Vitamin B6: 0.38mg (19.08%), Iron: 2.68mg (14.91%), Vitamin B2: 0.25mg (14.47%), Magnesium: 44.93mg (11.23%), Potassium: 334.3mg (9.55%), Manganese: 0.18mg (8.81%), Vitamin A: 379.15IU (7.58%), Copper: 0.15mg (7.44%), Vitamin E: 0.71mg (4.73%), Vitamin K: 4.13µg (3.93%), Folate: 14.54µg (3.64%), Calcium: 35.45mg (3.55%), Vitamin D: 0.42µg (2.8%), Fiber: 0.61g (2.45%), Vitamin B5: 0.23mg (2.35%), Vitamin C: 1.45mg (1.76%), Vitamin B1: 0.03mg (1.73%)