



Lemony Egg Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



127 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 eggs
- ☐ 1 green onion finely chopped
- ☐ 1 juice of lemon juiced
- ☐ 0.5 cup rice
- ☐ 1 tablespoon soya sauce
- ☐ 2 cups vegetable stock
- ☐ 1 cup water

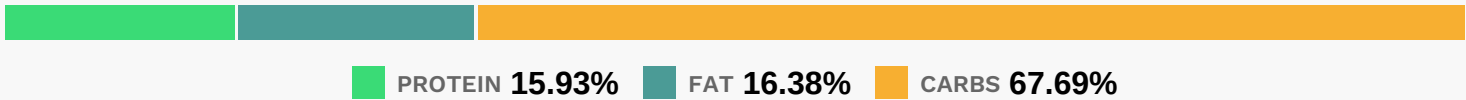
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large saucepan, bring the chicken stock, water, and rice to a simmer. Cook until the rice is tender, about 20 minutes.
- ☐ In a small bowl, beat the eggs until light yellow.
- ☐ Whisk a few tablespoons of the soup into the eggs. Then slowly add the egg mixture to the soup, whisking constantly to prevent the eggs from scrambling. Cook over medium heat, whisking constantly, until the soup reaches 160 degrees F, about 5 minutes.
- ☐ Add in the lemon juice and soy sauce, stir to combine, and serve garnished with the green onions and freshly ground black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:38.3, Glycemic Load:11.88, Inflammation Score:-3, Nutrition Score:4.8486956772597%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 127.05kcal (6.35%), Fat: 2.27g (3.5%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 20.7g (7.53%), Sugar: 1.44g (1.6%), Cholesterol: 81.84mg (27.28%), Sodium: 757.28mg (32.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.95%), Selenium: 10.31µg (14.72%), Manganese: 0.29mg (14.3%), Vitamin A: 399.43IU (7.99%), Phosphorus: 77.71mg (7.77%), Vitamin B2: 0.12mg (7.19%), Vitamin B5: 0.6mg (6.01%), Vitamin K: 6.3µg (6%), Vitamin B6: 0.09mg (4.48%), Copper: 0.09mg (4.3%), Vitamin C: 3.47mg (4.2%), Folate: 16.42µg (4.11%), Iron: 0.73mg (4.04%), Zinc: 0.58mg (3.84%), Vitamin B12: 0.2µg (3.26%), Magnesium: 11.86mg (2.97%), Vitamin D: 0.44µg (2.93%), Vitamin B3: 0.59mg (2.93%), Calcium: 24.08mg (2.41%), Potassium: 82.5mg (2.36%), Vitamin B1: 0.03mg (2.07%), Vitamin E: 0.28mg (1.89%), Fiber: 0.44g (1.75%)