



Quick Avgolemono, Orzo, and Chicken Soup

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots shredded
- 4 large eggs
- 6 cups fat-skimmed beef broth fat-free
- 1 teaspoon optional: dill fresh finely chopped
- 0.3 cup juice of lemon fresh
- 0.5 cup orzo pasta (rice-shaped uncooked)
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

8 ounces chicken breast boneless skinless cut into bite-sized pieces

Equipment

frying pan

sauce pan

ladle

blender

Directions

Bring broth and dill to a boil in a large saucepan.

Add orzo. Reduce heat, and simmer 5 minutes or until orzo is slightly tender.

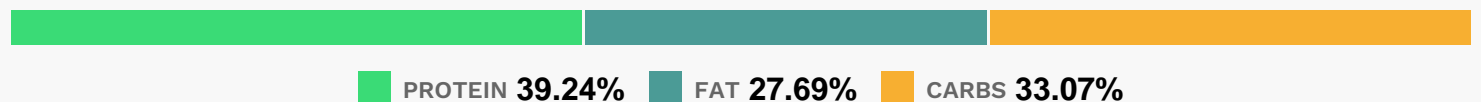
Remove from heat.

Place eggs and juice in a blender; process until smooth.

Remove 1 cup broth from pan with a ladle, making sure to leave out orzo. With blender on, slowly add broth; process until smooth.

Add carrot, salt, pepper, and chicken to pan. Bring to a simmer over medium-low heat, and cook 5 minutes or until chicken and orzo are done. Reduce heat to low. Slowly stir in egg mixture; cook 30 seconds, stirring constantly (do not boil).

Nutrition Facts



Properties

Glycemic Index:33.96, Glycemic Load:6.66, Inflammation Score:-10, Nutrition Score:20.746086784031%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 237.24kcal (11.86%), Fat: 7.22g (11.1%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 17.8g (6.47%), Sugar: 3.23g (3.58%), Cholesterol: 222.29mg (74.1%), Sodium: 1698.21mg (73.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23g (46.01%), Vitamin A: 5636.76IU (112.74%), Selenium: 52.89µg (75.56%), Vitamin B3: 8.5mg (42.52%), Vitamin B6: 0.64mg (31.89%), Phosphorus: 304mg (30.4%), Vitamin B2: 0.39mg (22.93%), Vitamin B5: 2.18mg (21.8%), Vitamin B12: 1.24µg (20.66%), Potassium: 547.97mg (15.66%), Manganese: 0.3mg (14.84%), Vitamin C: 10.46mg (12.68%), Iron: 1.93mg (10.74%), Folate: 42.75µg (10.69%), Magnesium: 39.38mg (9.84%), Copper: 0.19mg (9.48%), Zinc: 1.4mg (9.3%), Vitamin B1: 0.12mg (8.21%), Vitamin D: 1.06µg (7.04%), Fiber: 1.59g (6.36%), Calcium: 60.87mg (6.09%), Vitamin E: 0.9mg (5.98%), Vitamin K: 4.71µg (4.49%)