



Roman Egg-Drop Soup

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



41 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 1 large egg white
- 3 large eggs
- 64 ounce less-sodium chicken broth fat-free divided
- 1 tablespoon flat-leaf parsley fresh minced
- 0.1 teaspoon ground nutmeg
- 3 tablespoons parmesan cheese fresh grated
- 0.1 teaspoon salt

Equipment

- bowl
- whisk
- dutch oven

Directions

- Combine 1 cup broth, grated cheese, and next 3 ingredients in a medium bowl; stir with a whisk until eggs are lightly beaten.
- Bring remaining broth to a boil in a Dutch oven over medium–high heat. Reduce heat to low; gradually pour egg mixture into broth, stirring constantly with whisk (the faster you stir, the finer the pieces of egg). Cook 3 minutes, stirring constantly.
- Remove from heat; stir in pepper, salt, and nutmeg.
- Serve immediately.

Nutrition Facts

PROTEIN 41.55% **FAT 52.91%** **CARBS 5.54%**

Properties

Glycemic Index:17.89, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.915652140975%

Flavonoids

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 40.78kcal (2.04%), Fat: 2.38g (3.66%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.42g (0.46%), Cholesterol: 63.13mg (21.04%), Sodium: 913.55mg (39.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.41%), Selenium: 10.66µg (15.23%), Vitamin B12: 0.57µg (9.58%), Vitamin B2: 0.14mg (8.28%), Vitamin K: 7.46µg (7.1%), Phosphorus: 67.7mg (6.77%), Vitamin B3: 1.15mg (5.76%), Vitamin B5: 0.51mg (5.14%), Calcium: 38.32mg (3.83%), Iron: 0.62mg (3.47%), Vitamin B6: 0.06mg (2.94%), Vitamin A: 140.79IU (2.82%), Folate: 10.82µg (2.7%), Potassium: 94.29mg (2.69%), Copper: 0.05mg (2.67%), Vitamin D: 0.34µg (2.28%), Zinc: 0.31mg (2.06%), Manganese: 0.04mg (1.81%), Vitamin B1: 0.02mg (1.47%), Magnesium: 5.52mg (1.38%), Vitamin E: 0.18mg (1.22%)