



Roman-Style Egg-Drop Soup: La Stracciatella

READY IN



165 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon peppercorns black
- 3 carrots coarsely chopped
- 4 ribs celery coarsely chopped
- 3.5 pounds chicken wings
- 3 eggs
- 1 pinch nutmeg
- 2 tablespoons olive oil extra-virgin
- 2 onions coarsely chopped
- 3 tablespoons parmigiano-reggiano grated

- 1 bunch parsley stems
- 1 tablespoon parsley italian finely chopped
- 6 servings salt and pepper
- 3 tablespoons semolina
- 2 tablespoons tomato paste

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- whisk
- pot
- wooden spoon

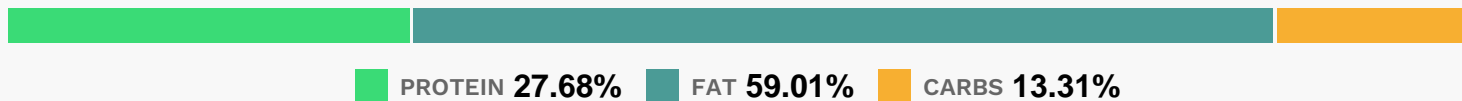
Directions

- Measure out 1 of the 6 cups of chicken stock and refrigerate so that it is cold.
- In a large stock pot, bring the remaining 5 cups of chicken stock to a boil. In a large bowl, combine the cold broth, eggs, semolina, cheese, parsley and nutmeg and whisk until well blended.
- Whisk the mixture into the boiling stock and reduce heat to low. Continue to whisk for 3 to 4 minutes. Adjust seasoning with salt and pepper and divide evenly among 6 warmed soup bowls.
- Serve immediately, topped with more grated cheese if desired.
- In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- Add all the chicken parts and brown all over, stirring to avoid burning.
- Remove the chicken and reserve.
- Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the

bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.

- Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.

Nutrition Facts



Properties

Glycemic Index:66.31, Glycemic Load:5.31, Inflammation Score:-10, Nutrition Score:26.505217458891%

Flavonoids

Apigenin: 22.67mg, Apigenin: 22.67mg, Apigenin: 22.67mg, Apigenin: 22.67mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 470.32kcal (23.52%), Fat: 30.68g (47.19%), Saturated Fat: 8.28g (51.73%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 12.36g (4.49%), Sugar: 4.25g (4.73%), Cholesterol: 193.56mg (64.52%), Sodium: 461.58mg (20.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.76%), Vitamin K: 184.97µg (176.17%), Vitamin A: 6511.22IU (130.22%), Selenium: 36.77µg (52.53%), Vitamin B3: 9.68mg (48.4%), Vitamin B6: 0.68mg (33.95%), Phosphorus: 300.59mg (30.06%), Vitamin C: 21.03mg (25.5%), Manganese: 0.45mg (22.34%), Vitamin B2: 0.34mg (20.05%), Iron: 3.29mg (18.28%), Potassium: 623mg (17.8%), Zinc: 2.67mg (17.78%), Vitamin B5: 1.75mg (17.51%), Folate: 68.63µg (17.16%), Magnesium: 53.68mg (13.42%), Vitamin E: 1.96mg (13.07%), Vitamin B1: 0.2mg (13.02%), Fiber: 3.2g (12.81%), Vitamin B12: 0.68µg (11.38%), Calcium: 113.29mg (11.33%), Copper: 0.19mg (9.26%), Vitamin D: 0.6µg (3.97%)