



Salsa Soup with Poached Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 49 ounce chicken broth canned
- ☐ 8 large eggs
- ☐ 1.5 cups tomato salsa
- ☐ 1 cup cheddar cheese shredded

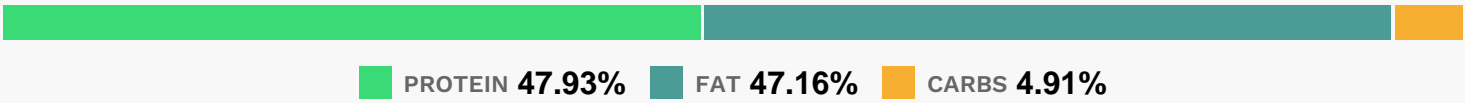
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Discard fat from 1 can (49 oz.) chicken broth.
- ☐ Combine broth and 1 1/2 cups tomato salsa in a 5- to 6-quart pan. Cover and bring to a boil over high heat, then reduce heat to just below an active boil. Crack 8 large eggs, one at a time; hold each close to soup surface and slip egg into pan. Cover and cook until yolks are as firm as you like, 4 to 5 minutes for slightly soft centers. Ladle 2 eggs into each bowl; fill bowls with soup.
- ☐ Sprinkle 1 cup shredded cheddar cheese equally over portions.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:34.008260830589%

Nutrients (% of daily need)

Calories: 929.01kcal (46.45%), Fat: 47.43g (72.97%), Saturated Fat: 16.39g (102.43%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 9.35g (3.4%), Sugar: 4.18g (4.64%), Cholesterol: 573.89mg (191.3%), Sodium: 2640.25mg (114.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 108.45g (216.9%), Selenium: 103.47µg (147.82%), Phosphorus: 889.93mg (88.99%), Vitamin B12: 4.66µg (77.7%), Zinc: 11.2mg (74.69%), Vitamin B2: 0.96mg (56.47%), Vitamin B6: 1.02mg (51.05%), Vitamin B3: 9.52mg (47.58%), Vitamin A: 1905.75IU (38.12%), Iron: 6.72mg (37.33%), Calcium: 331.65mg (33.16%), Potassium: 942.64mg (26.93%), Magnesium: 100.24mg (25.06%), Vitamin E: 3.56mg (23.75%), Vitamin B5: 1.85mg (18.47%), Vitamin D: 2.52µg (16.78%), Folate: 63.78µg (15.94%), Copper: 0.32mg (15.92%), Vitamin K: 13.06µg (12.44%), Manganese: 0.14mg (7.05%), Fiber: 1.75g (7.02%), Vitamin B1: 0.08mg (5.49%), Vitamin C: 1.85mg (2.25%)