



## Spinach Stracciatella Soup

READY IN



20 min.

SERVINGS



6

CALORIES



226 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 12 inch crusty baguette halved lengthwise
- 2 large eggs beaten
- 10 oz spinach frozen thawed chopped (not )
- 24 fl. oz. chicken broth reduced-sodium
- 6 servings olive oil extra virgin extra-virgin for brushing bread
- 0.5 cup parmesan finely grated for serving
- 0.3 teaspoon pepper black for serving
- 0.5 teaspoon salt
- 2 cups water

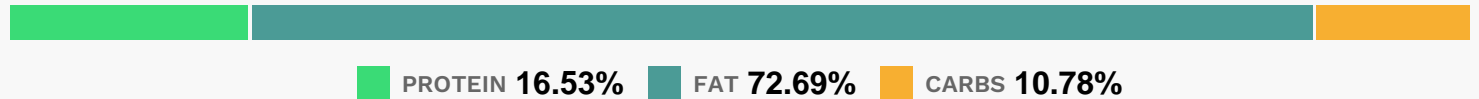
## Equipment

- baking sheet
- sauce pan
- oven

## Directions

- Put oven rack in lower third of oven and preheat oven to 400°F.
- Brush cut sides of baguette with oil. Arrange, cut sides up, on a baking sheet and bake until golden, about 10 minutes.
- Meanwhile, heat water with broth, salt, and pepper in a 2- to 2 1/2-quart saucepan over moderate heat until hot. Stir in frozen spinach and cheese and simmer, covered, stirring occasionally, until spinach is just tender, about 8 minutes.
- Add beaten eggs in a slow, steady stream, stirring constantly.
- Serve with freshly ground pepper and a slice of toasted baguette in the soup.

## Nutrition Facts



## Properties

Glycemic Index:21.79, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:18.063043511432%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 226.25kcal (11.31%), Fat: 18.86g (29.01%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 4.8g (1.74%), Sugar: 0.83g (0.92%), Cholesterol: 67.67mg (22.56%), Sodium: 457.04mg (19.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.3%), Vitamin K: 184.68µg (175.88%), Vitamin A: 5695.98IU (113.92%), Vitamin E: 3.6mg (23.97%), Folate: 82.38µg (20.59%), Manganese: 0.37mg (18.68%), Calcium: 182.01mg (18.2%), Phosphorus: 154.43mg (15.44%), Vitamin B2: 0.26mg (15.39%), Selenium: 10.7µg (15.29%), Magnesium: 44.54mg (11.14%), Vitamin B3: 2.13mg (10.63%), Iron: 1.76mg (9.8%), Potassium: 303.46mg (8.67%), Copper: 0.16mg (8.15%), Vitamin B6: 0.13mg (6.73%), Vitamin B12: 0.37µg (6.11%), Fiber: 1.5g (5.99%), Zinc: 0.88mg

(5.84%), Vitamin B1: 0.08mg (5.6%), Vitamin B5: 0.36mg (3.58%), Vitamin C: 2.6mg (3.15%), Vitamin D: 0.38μg (2.5%)