



Spring Egg-Drop Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound asparagus thick sliced
- ☐ 0.3 cup basil fresh
- ☐ 2 medium carrots peeled chopped
- ☐ 2 large eggs
- ☐ 0.7 cup peas fresh shelled (from)
- ☐ 3 medium garlic clove thinly sliced
- ☐ 4 servings kosher salt
- ☐ 1.5 teaspoons juice of lemon fresh ()

- ☐ 4 cups chicken broth low-sodium
- ☐ 0.3 cup mint leaves fresh
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon parmesan grated plus more for serving
- ☐ 1.5 cups spring onion coarsely chopped
- ☐ 0.3 pound sugar snap peas thick sliced

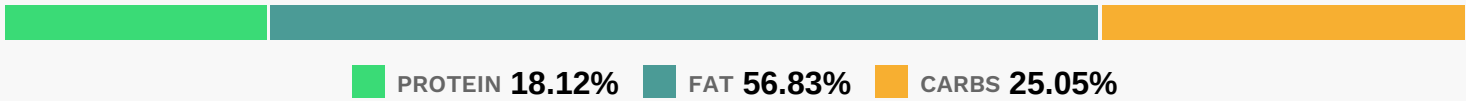
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat oil in a large heavy pot over medium heat.
- ☐ Add carrots, spring onions, and garlic and season with salt. Reduce heat to medium-low, cover, and cook, stirring occasionally, until vegetables are soft, 15–20 minutes.
- ☐ Add broth and bring to a boil.
- ☐ Add asparagus, sugar snap peas, and peas and cook until vegetables are crisp-tender, about 3 minutes.
- ☐ Meanwhile, beat eggs in a small bowl with 1 tablespoon Parmesan, a pinch of salt, and 1 tablespoon water.
- ☐ Reduce heat to low and stir basil and mint into soup.
- ☐ Drizzle in egg mixture in 4 or 5 spots around pot.
- ☐ Let stand for 1 minute so egg can set, then gently stir in 1 1/2 teaspoons lemon juice. Season soup with salt and more lemon juice, if desired.
- ☐ Serve soup topped with more Parmesan.

Nutrition Facts



Properties

Glycemic Index:70.54, Glycemic Load:3.02, Inflammation Score:-10, Nutrition Score:25.054782597915%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg

Nutrients (% of daily need)

Calories: 271.16kcal (13.56%), Fat: 18.03g (27.74%), Saturated Fat: 3.36g (20.98%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 12.44g (4.52%), Sugar: 6.37g (7.08%), Cholesterol: 93.85mg (31.28%), Sodium: 352.24mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.94g (25.88%), Vitamin A: 6734.56IU (134.69%), Vitamin K: 132.8µg (126.48%), Vitamin C: 41.29mg (50.05%), Folate: 103.4µg (25.85%), Vitamin B3: 5.06mg (25.3%), Phosphorus: 230.62mg (23.06%), Manganese: 0.46mg (22.87%), Vitamin E: 3.42mg (22.77%), Iron: 4.06mg (22.53%), Vitamin B2: 0.38mg (22.52%), Fiber: 5.44g (21.74%), Potassium: 701.46mg (20.04%), Copper: 0.38mg (18.9%), Vitamin B1: 0.25mg (16.46%), Vitamin B6: 0.3mg (15.24%), Selenium: 10.48µg (14.97%), Calcium: 121.07mg (12.11%), Magnesium: 43.68mg (10.92%), Zinc: 1.57mg (10.44%), Vitamin B5: 0.92mg (9.22%), Vitamin B12: 0.47µg (7.89%), Vitamin D: 0.51µg (3.38%)