

Stracciatella II

 Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



806 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces baby spinach chopped
- 11 carrots
- 6 stalks celery
- 42 ounce chicken broth canned
- 4 eggs lightly beaten
- 1 teaspoon ground pepper black
- 1 tablespoon juice of lemon
- 2 onions

- 0.5 teaspoon oregano dried
- 0.5 cup romano cheese grated
- 2 teaspoons salt
- 3 quarts water
- 0.5 cup rice white uncooked
- 3 pound meat from a rotisserie chicken whole

Equipment

- food processor
- sauce pan
- pot
- blender
- immersion blender

Directions

- Cut up chicken into large pieces and place in a large soup pot with the water. Chop 8 carrots, 3 stalks of celery and 1 onion and place them in the pot as well. Bring to a boil, then cover, reduce heat and simmer 45 minutes, until chicken is tender.
- Remove chicken and reserve stock. When cool enough to handle, bone chicken and cut meat into bite-size pieces.
- Process reserved stock in a blender or food processor or using an immersion blender and return it to the pot with the chicken meat. Chop the remaining 3 carrots, 3 stalks of celery and 1 onion and stir into the chicken mixture with the rice. Bring to a boil, then reduce heat and simmer until rice is tender, about 20 minutes.
- Remove chicken mixture from heat and stir in spinach, Romano, salt, pepper, lemon juice and oregano. Set aside.
- In large saucepan, bring chicken broth to a boil.
- Pour the eggs into the boiling broth, slowly, in a thin stream.
- Remove the broth from the heat and stir it into the chicken mixture.
- Serve hot.

Nutrition Facts

PROTEIN 40.71% FAT 43.37% CARBS 15.92%

Properties

Glycemic Index:43.84, Glycemic Load:12.16, Inflammation Score:-10, Nutrition Score:40.963478088379%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 806.11kcal (40.31%), Fat: 38.11g (58.64%), Saturated Fat: 11.62g (72.65%), Carbohydrates: 31.48g (10.49%), Net Carbohydrates: 26.1g (9.49%), Sugar: 7.77g (8.63%), Cholesterol: 298.66mg (99.55%), Sodium: 2107.12mg (91.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.49g (160.98%), Vitamin A: 22222.99IU (444.46%), Vitamin K: 171.62µg (163.45%), Selenium: 65.5µg (93.57%), Vitamin B3: 13.93mg (69.65%), Phosphorus: 677.03mg (67.7%), Vitamin B6: 1.13mg (56.37%), Zinc: 7.74mg (51.6%), Vitamin B12: 2.68µg (44.61%), Vitamin B2: 0.65mg (38.5%), Manganese: 0.75mg (37.71%), Potassium: 1257.6mg (35.93%), Iron: 5.62mg (31.24%), Folate: 124.67µg (31.17%), Magnesium: 120.07mg (30.02%), Calcium: 257.54mg (25.75%), Vitamin C: 21.23mg (25.73%), Fiber: 5.38g (21.53%), Vitamin B5: 2.11mg (21.09%), Copper: 0.41mg (20.33%), Vitamin E: 2.77mg (18.48%), Vitamin B1: 0.21mg (14.22%), Vitamin D: 1.04µg (6.96%)