



Whitney's Egg Flower Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



74 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups chicken broth
- 1 eggs beaten
- 1 green onion chopped
- 2 tablespoons peas
- 2 dashes sesame oil
- 2 servings pepper white to taste

Equipment

- bowl

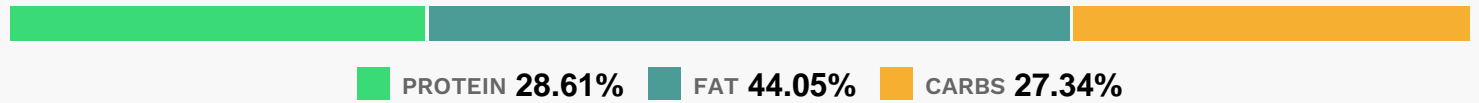
sauce pan

ladle

Directions

Bring the chicken broth, white pepper, and sesame oil to a boil in a saucepan. While stirring slowly in one direction to get the soup moving, pour the beaten egg into the soup in a slow but steady stream. Gently stir in the peas. Ladle into serving bowls; sprinkle with green onion to serve.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:6.3213043834852%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 74.39kcal (3.72%), Fat: 3.7g (5.69%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 3.63g (1.32%), Sugar: 2.08g (2.31%), Cholesterol: 86.54mg (28.85%), Sodium: 904.9mg (39.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.81%), Vitamin B2: 0.27mg (15.67%), Vitamin K: 16.34µg (15.56%), Manganese: 0.27mg (13.57%), Selenium: 8.06µg (11.52%), Vitamin C: 7.55mg (9.15%), Phosphorus: 74.9mg (7.49%), Vitamin B1: 0.1mg (6.79%), Iron: 1.14mg (6.36%), Fiber: 1.53g (6.14%), Folate: 24.13µg (6.03%), Vitamin A: 298.07IU (5.96%), Copper: 0.1mg (5.03%), Zinc: 0.68mg (4.54%), Vitamin B3: 0.88mg (4.4%), Vitamin B12: 0.24µg (4.05%), Vitamin B5: 0.38mg (3.79%), Potassium: 127.28mg (3.64%), Calcium: 35.09mg (3.51%), Vitamin B6: 0.07mg (3.42%), Magnesium: 12.94mg (3.23%), Vitamin D: 0.44µg (2.93%), Vitamin E: 0.39mg (2.61%)