

10-MINUTE EGG DROP SOUP

INGREDIENTS:

- 2 large eggs
- 1 egg white
- 1 1/2 tablespoons cornstarch
- 4 cups chicken broth, divided
- 1/4 teaspoon garlic salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground ginger
- 6 stalks green onions, sliced and divided

DIRECTIONS:

1. Add the eggs and egg white to a small bowl and whisk together to combine. Set aside.
2. Measure 3/4 cup of chicken broth and the cornstarch; stir until combined. Set aside.
3. Pour 3 1/4 cups broth into a stockpot and add the garlic salt, ginger, black pepper, and green onions. Stir to combine and bring to a rapid boil.
4. Add the cornstarch mixture to the boiling broth and stir for 1 – 2 minutes to thicken.
5. Bring the broth back to a rolling boil and gently stir in a continuous direction using a wooden spoon or plastic spatula. Gently pour the egg mixture into the broth while continuing to stir in the same direction.
6. Slowly stir for about 30 seconds. Eggs should cook almost immediately.
7. Divide into 4 bowls and top with green onions. Enjoy!

Nutrition Facts

Serving Size 1 cup (314g)
Servings Per Container 4

Amount Per Serving

Calories 70 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 180mg **8%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 7g

Vitamin A 10% • **Vitamin C 10%**

Calcium 2% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

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