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Egg Drop Soup

Photo

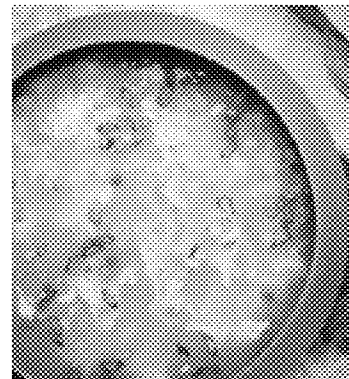
When you add the eggs to the boiling liquid, they form yellow threads. Few soups can be prepared as quickly. This recipe halves easily.

Ingredients

2 cans (14 1/2 ounces each) reduced-sodium chicken broth
 2 thin slices fresh ginger (optional, but recommended)
 2 eggs, beaten
 2 green onions, chopped
 1/2 teaspoon sesame oil

Directions

1. Bring broth and ginger to a boil in a small saucepan. Hold a serving spoon facedown over the pan and slowly pour the egg over the spoon so it drips in ribbons into the simmering soup.
2. Add green onions and sesame oil. Remove ginger; serve immediately.



[IN BRIEF]

Servings: 4
Bake/Cook time: 10 minutes

[NUTRITION PER SERVING]

Carbohydrates: 2 grams
Net Carbs: 2 grams
Protein: 6.5 grams
Fat: 4.5 grams
Calories: 74

Cost for
 Atkins Photos:

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Egg_Drop_Soup.html

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