

Egg Drop Soup with a Twist

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

32 ounces chicken broth
1 teaspoon ginger powder
1/4 teaspoon white pepper (to taste)
1 large egg, beaten
2 ounces cornstarch
1 tablespoon salt (to taste)

In a large pot, heat the chicken broth, ginger powder and white pepper. Bring to a simmer.

Mix the cornstarch and water a little at a time to make a paste without lumps. (You can whip to remove the lumps.) Slowly add to the chicken broth.

Add the beaten egg around the edge of the hot broth in the pot. The egg will surface when it is cooked.

Add salt and pepper to taste.

Serve while hot.

Per Serving (excluding unknown items): 435 Calories; 10g Fat (22.1% calories from fat); 25g Protein; 56g Carbohydrate; 1g Dietary Fiber; 212mg Cholesterol; 2960mg Sodium. Exchanges: 3 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	435	Vitamin B6 (mg):	.1mg
% Calories from Fat:	22.1%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	53.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	24.0%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	10g	Folacin (mcg):	42mcg
Saturated Fat (g):	3g	Niacin (mg):	12mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	212mg	% Refuse:	0 0%

Carbohydrate (g): 56g
 Dietary Fiber (g): 1g
 Protein (g): 25g
 Sodium (mg): 2960mg
 Potassium (mg): 849mg
 Calcium (mg): 63mg
 Iron (mg): 3mg
 Zinc (mg): 1mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 244IU
 Vitamin A (r.e.): 70RE

Food Exchanges

Grain (Starch): 3 1/2
 Lean Meat: 2 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 435 Calories from Fat: 96

% Daily Values*

Total Fat	10g		16%
Saturated Fat	3g		15%
Cholesterol	212mg		71%
Sodium	2960mg		123%
Total Carbohydrates	56g		19%
Dietary Fiber	1g		2%
Protein	25g		
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Vitamin A			5%
Vitamin C			0%
Calcium			6%
Iron			17%

* Percent Daily Values are based on a 2000 calorie diet.