

Italian Egg Drop Soup, Stracciatella

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-egg-drop-soup-recipe>

Ingredients:

- 4 cups chicken stock lightly salted
- 1 large egg
- 4 teaspoons Parmesan cheese finely grated, lightly packed, if you have coarsely grated Parm, grind it up to a finer consistency in a f...
- 1 tablespoon panko breadcrumbs toasted for added flavor or semolina flour, optional, you can skip if you want, you can also use ground...
- ground black pepper Pinch of freshly
- 1 handful spinach leaves sliced into 1/2-inch ribbons, can also use chard, arugula, sorrel, or any tender green

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 100 milligrams
4. Fat: 7 grams
5. Protein: 16 grams
6. SaturatedFat: 1 grams
7. Sodium: 640 milligrams
8. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Italian Egg Drop Soup, Stracciatella above. You can see more 17 italian chicken egg drop soup recipe Unlock flavor sensations! to get more great cooking ideas.