



Angel Family Chicken Soup with Matzo Balls

 Dairy Free

READY IN



180 min.

SERVINGS



7

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 large carrots cut into bite-size pieces
- ☐ 1 bunch celery cut into bite-size pieces
- ☐ 1 quart chicken stock see
- ☐ 4 eggs
- ☐ 1 bunch optional: dill fresh chopped
- ☐ 1 bunch parsley fresh chopped
- ☐ 1 cup matzo meal
- ☐ 1 onion cut into bite-size pieces

- ☐ 3 parsnips peeled cut into bite-size pieces
- ☐ 1 rotisserie chicken cut cut into bite-size pieces
- ☐ 7 servings salt and pepper to taste
- ☐ 0.3 cup vegetable oil
- ☐ 6 cups water
- ☐ 1 meat from a rotisserie chicken whole

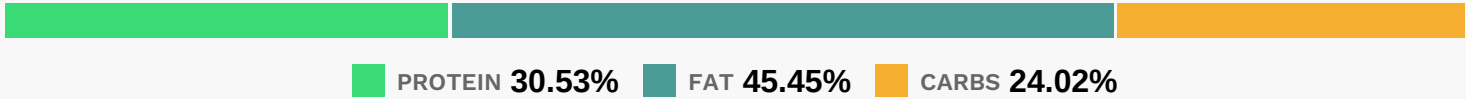
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Place raw chicken in a large stockpot.
- ☐ Add parsnips, carrots, celery, onion, dill, and parsley to the stockpot; cover with water, and boil until the chicken is 200 degrees F (95 degrees C) or begins to fall apart, about 1 hour.
- ☐ Remove chicken from the stock and set aside for another use.
- ☐ Whisk together eggs and oil in a medium-sized mixing bowl.
- ☐ Add matzo meal to the bowl with eggs and oil, stirring until well combined. Cover and refrigerate for 20 minutes.
- ☐ Remove matzo mixture from the refrigerator and gently hand-roll into 1 inch balls. Be careful not to over-roll as this can make the matzo balls tough.
- ☐ In a separate pot, heat chicken stock.
- ☐ Place matzo balls into the stock and simmer until they are soft, at least 1 hour.
- ☐ Transfer the matzo balls into the soup pot with the vegetables. Season with salt and pepper to taste.
- ☐ To serve, place pieces of the roasted chicken into soup bowls and ladle the chicken soup with matzo balls over it. Enjoy!

Nutrition Facts



Properties

Glycemic Index:29.26, Glycemic Load:7.24, Inflammation Score:-10, Nutrition Score:31.165217233741%

Flavonoids

Apigenin: 17.71mg, Apigenin: 17.71mg, Apigenin: 17.71mg, Apigenin: 17.71mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 713.55kcal (35.68%), Fat: 35.93g (55.28%), Saturated Fat: 9.08g (56.75%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 36.22g (13.17%), Sugar: 9.72g (10.79%), Cholesterol: 261.49mg (87.16%), Sodium: 872.73mg (37.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.31g (108.63%), Vitamin A: 13043.45IU (260.87%), Vitamin K: 176.09µg (167.7%), Vitamin B3: 11.65mg (58.26%), Selenium: 35.12µg (50.17%), Vitamin C: 29.84mg (36.17%), Vitamin B6: 0.72mg (35.95%), Phosphorus: 347.16mg (34.72%), Manganese: 0.67mg (33.71%), Vitamin B2: 0.51mg (29.97%), Potassium: 968.24mg (27.66%), Folate: 104.33µg (26.08%), Fiber: 6.5g (26.01%), Vitamin B1: 0.32mg (21.53%), Vitamin B5: 2.13mg (21.26%), Iron: 3.51mg (19.47%), Vitamin E: 2.82mg (18.83%), Zinc: 2.78mg (18.56%), Magnesium: 71.48mg (17.87%), Copper: 0.32mg (16.03%), Calcium: 104.02mg (10.4%), Vitamin B12: 0.56µg (9.35%), Vitamin D: 0.72µg (4.8%)