



Bertha's Matzo Ball Soup

 Dairy Free

READY IN



200 min.

SERVINGS



41

CALORIES



61 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 to 4 carrots chopped
- ☐ 2 rib to 3 celery chopped
- ☐ 4 pound meat from a rotisserie chicken cut into quarters
- ☐ 1 dill sprig fresh
- ☐ 41 servings bertha's matzo balls
- ☐ 1 onion cut into quarters
- ☐ 1 parsley root chopped
- ☐ 1 parsley sprig fresh

- ☐ 1 parsnips chopped
- ☐ 41 servings sea salt to taste
- ☐ 41 servings bell pepper white to taste

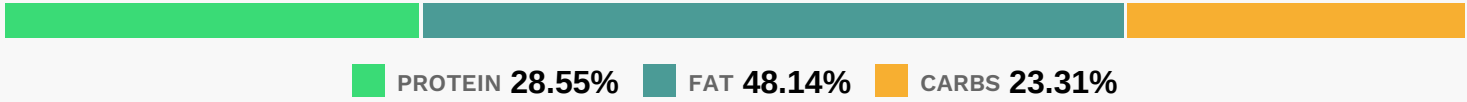
Equipment

- ☐ slotted spoon

Directions

- ☐ Bring chicken and 4 quarts cold water to a boil over medium-high heat.
- ☐ Remove foam with a slotted spoon as it rises to the top. Reduce heat, cover, and simmer 1 hour.
- ☐ Add celery and next 6 ingredients. Tie parsley and dill sprigs together, and add to soup. Cover and simmer 2 more hours or until chicken is tender.
- ☐ Remove chicken, and let cool. Skim fat.
- ☐ Remove chicken from bones, and return meat to soup.
- ☐ Add matzo balls, and serve.

Nutrition Facts



Properties

Glycemic Index:5.78, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:3.2434782735679%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 61.31kcal (3.07%), Fat: 3.28g (5.05%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 2.66g (0.97%), Sugar: 0.51g (0.57%), Cholesterol: 15.93mg (5.31%), Sodium: 212.41mg (9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Vitamin A: 781.66IU (15.63%), Vitamin B3: 1.56mg

(7.81%), Manganese: 0.13mg (6.42%), Selenium: 3.58µg (5.11%), Vitamin B6: 0.09mg (4.52%), Phosphorus: 40.72mg (4.07%), Fiber: 0.91g (3.65%), Iron: 0.56mg (3.09%), Vitamin K: 2.59µg (2.46%), Vitamin C: 1.95mg (2.37%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.35mg (2.31%), Potassium: 75.72mg (2.16%), Vitamin B2: 0.04mg (2.13%), Magnesium: 8.25mg (2.06%), Copper: 0.04mg (1.84%), Vitamin B1: 0.02mg (1.65%), Folate: 5.66µg (1.42%), Calcium: 11.48mg (1.15%), Vitamin B12: 0.07µg (1.1%), Vitamin E: 0.15mg (1.01%)