



Chicken Kreplach

 Dairy Free

READY IN



240 min.

SERVINGS



10

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 tbsp peppercorns black
- ☐ 5 carrots peeled cut into thirds
- ☐ 5 celery stalks cut into thirds
- ☐ 5 tbsp corn oil divided (9 tbsp if frying kreplach)
- ☐ 3 eggs
- ☐ 1.5 cups flour
- ☐ 1 bunch optional: dill fresh

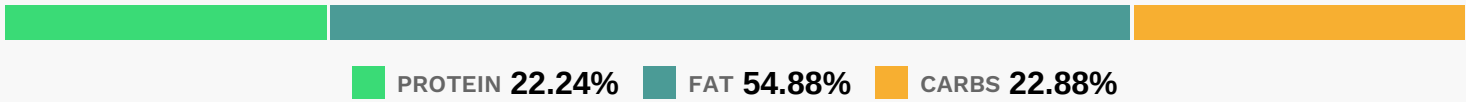
- ☐ 1 onion diced
- ☐ 1 Handful parsley fresh
- ☐ 10 servings salt and pepper
- ☐ 1 chicken whole

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Chicken Kreplach
- ☐ Ingredients3 eggs5 tbsp corn oil, divided (9 tbsp if frying kreplach)1 1/2–2 cups flour1 whole chicken, 3–4 lbs.5 carrots, peeled and cut into thirds5 celery stalks, cut into thirds
- ☐ Handful of fresh parsley1/2 tbsp black peppercorns1/2 tbsp whole cloves2 bay leaves1 bunch fresh dill1 onion, diced
- ☐ Salt and pepper
- ☐ Total Time: 3 – 4 Hours
- ☐ Servings: 10
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:11.62, Inflammation Score:-10, Nutrition Score:15.653043404869%

Flavonoids

Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 331.47kcal (16.57%), Fat: 20.02g (30.8%), Saturated Fat: 4.31g (26.94%), Carbohydrates: 18.78g (6.26%), Net Carbohydrates: 17.05g (6.2%), Sugar: 2.05g (2.27%), Cholesterol: 106.24mg (35.41%), Sodium: 289.71mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.26g (36.51%), Vitamin A: 5327.84IU (106.56%), Vitamin B3: 6.63mg (33.15%), Selenium: 21.5µg (30.71%), Vitamin B6: 0.36mg (17.82%), Phosphorus: 173.82mg (17.38%), Vitamin B2: 0.27mg (15.75%), Vitamin K: 16.23µg (15.45%), Vitamin B1: 0.22mg (14.98%), Manganese: 0.27mg (13.69%), Folate: 54.57µg (13.64%), Iron: 2mg (11.09%), Vitamin E: 1.63mg (10.9%), Vitamin B5: 1.09mg (10.88%), Zinc: 1.41mg (9.38%), Potassium: 310.86mg (8.88%), Fiber: 1.73g (6.91%), Magnesium: 27.06mg (6.77%), Vitamin B12: 0.35µg (5.89%), Vitamin C: 4.52mg (5.48%), Copper: 0.1mg (4.97%), Calcium: 35.24mg (3.52%), Vitamin D: 0.42µg (2.78%)