



Chicken Soup With Matzo Balls

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pound baking hen quartered
- 1 bay leaf
- 4 carrots cut into 3-inch pieces
- 4 stalks celery cut into 3-inch pieces
- 1 small bell pepper green seeded coarsely chopped
- 12 servings matzo balls
- 1 large onion quartered
- 1 tablespoon salt

4 quarts water

Equipment

dutch oven

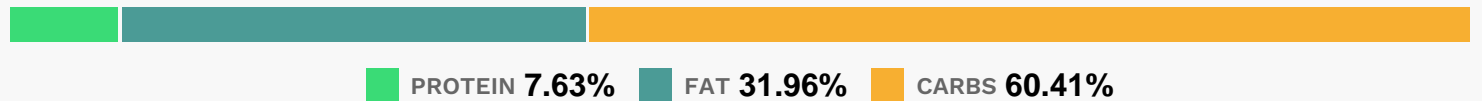
Directions

Combine all ingredients except Matzo Balls in a large Dutch oven; bring to a boil. Reduce heat; cover and simmer 3 hours or until hen is tender.

Remove hen from broth, and reserve for use in another recipe. Strain broth, and discard vegetables.

Return broth to Dutch oven; bring to a boil. Drop Matzo Balls into broth. Cover and cook 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:29.126521867255%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 829.32kcal (41.47%), Fat: 29.21g (44.95%), Saturated Fat: 7.52g (46.98%), Carbohydrates: 124.28g (41.43%), Net Carbohydrates: 119.17g (43.34%), Sugar: 23.84g (26.49%), Cholesterol: 3.78mg (1.26%), Sodium: 3034.13mg (131.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.38%), Phosphorus: 1121.71mg (112.17%), Vitamin B1: 1.12mg (74.41%), Vitamin A: 3487.9IU (69.76%), Folate: 248.09µg (62.02%), Vitamin B2: 0.85mg (50.2%), Vitamin B3: 8.91mg (44.55%), Calcium: 363.86mg (36.39%), Manganese: 0.72mg (35.89%), Iron: 5.41mg (30.06%), Selenium: 14.68µg (20.97%), Fiber: 5.1g (20.4%), Vitamin K: 19.38µg (18.46%), Copper: 0.37mg (18.27%), Vitamin B5: 1.78mg (17.85%), Magnesium: 56.45mg (14.11%), Potassium: 438.12mg (12.52%), Vitamin B12: 0.74µg (12.28%), Vitamin B6: 0.21mg (10.58%), Vitamin C: 8.07mg (9.78%), Zinc: 1.27mg (8.46%), Vitamin E: 0.44mg (2.95%)