



Chicken Soup with Matzo Balls

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons canola oil
- 2 carrots halved lengthwise
- 2 celery stalks halved lengthwise
- 5.3 pounds chicken leg quarters
- 1.3 cups egg substitute
- 1 quart less-sodium chicken broth fat-free
- 1 tablespoon optional: dill fresh chopped

- 1 tablespoon parsley fresh chopped
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon ground ginger
- 1.5 cups matzo meal
- 0.1 teaspoon nutmeg freshly grated
- 1 large onion peeled quartered
- 1 parsnips halved lengthwise
- 0.5 teaspoon salt
- 1 quart water
- 1 pound zucchini finely chopped

Equipment

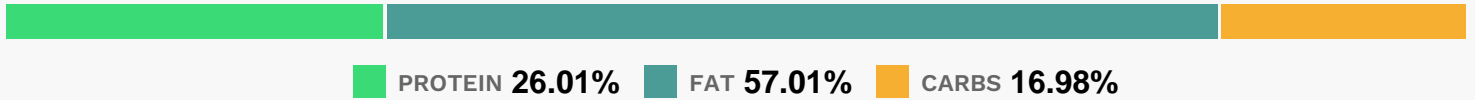
- bowl
- frying pan
- pot
- sieve
- slotted spoon
- dutch oven

Directions

- To prepare broth, combine first 3 ingredients in a large stockpot; bring to a boil. Reduce heat, and simmer 2 hours.
- Add 2 tablespoons parsley and next 5 ingredients (through parsnip) to pan; simmer 1 hour. Strain broth through a sieve into a large bowl. Reserve 2 carrot halves; thinly slice, and set aside. Discard remaining solids. Cover and chill broth overnight. Skim solidified fat from surface; discard.
- To prepare matzo balls, combine matzo meal and next 7 ingredients (through grated nutmeg) in a large bowl; cover and chill 4 hours or overnight. Lightly coat hands with water.
- Roll matzo mixture evenly into 16 balls. Gently drop balls into simmering water, and cook 20 minutes or until done (matzo balls will rise to surface).

- Remove from water with a slotted spoon.
- Transfer broth to a large Dutch oven.
- Add zucchini, 1/2 teaspoon salt, pepper, and reserved carrot to pan; bring to a boil. Reduce heat, and simmer until reduced to 8 cups (about 5 minutes).
- Add cooked matzo balls to pan; cook 2 minutes or until thoroughly heated.
- Remove from heat; sprinkle with 1 tablespoon dill.

Nutrition Facts



Properties

Glycemic Index:44.23, Glycemic Load:2.41, Inflammation Score:-9, Nutrition Score:31.975217508233%

Flavonoids

Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 766.46kcal (38.32%), Fat: 48.17g (74.12%), Saturated Fat: 11.86g (74.13%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 29.12g (10.59%), Sugar: 4.91g (5.45%), Cholesterol: 247.96mg (82.65%), Sodium: 924.01mg (40.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.45g (98.9%), Selenium: 75.74µg (108.21%), Vitamin B3: 14.08mg (70.42%), Vitamin A: 3078.63IU (61.57%), Vitamin B6: 1.12mg (56.06%), Phosphorus: 510.84mg (51.08%), Vitamin K: 43.19µg (41.14%), Vitamin B2: 0.66mg (38.79%), Vitamin B5: 3.76mg (37.59%), Vitamin B12: 1.98µg (33.06%), Potassium: 975mg (27.86%), Zinc: 4.13mg (27.56%), Manganese: 0.54mg (27.21%), Vitamin B1: 0.41mg (27.04%), Iron: 3.98mg (22.11%), Vitamin C: 17.99mg (21.8%), Magnesium: 83.59mg (20.9%), Vitamin E: 2.54mg (16.92%), Folate: 55.06µg (13.77%), Copper: 0.27mg (13.36%), Fiber: 3.17g (12.69%), Calcium: 88.12mg (8.81%), Vitamin D: 0.85µg (5.69%)