



Chicken Soup with Matzo Balls

 Dairy Free

READY IN



155 min.

SERVINGS



8

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup celery diced
- ☐ 1 cup rotisserie chicken breast meat shredded cooked
- ☐ 4 quarts chicken stock see
- ☐ 1 cup extra wide egg noodles cooked fine
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1 tablespoon kosher salt plus more for seasoning

- ☐ 8 servings kosher salt and pepper black
- ☐ 2 cups matzo meal
- ☐ 1 tablespoon onion powder 8 eggs
- ☐ 1 cup onions diced
- ☐ 0.5 cup vegetable oil
- ☐ 2 tablespoons vegetable oil

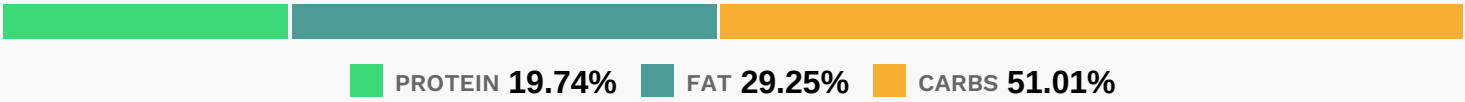
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the matzo meal, salt, pepper and onion powder in a large bowl.
- ☐ Combine the eggs and schmaltz in a second large bowl. Very gently mix the wet ingredients into the dry ingredients. Cover and refrigerate for one hour.
- ☐ Bring a large pot of water to boil and season well with salt.
- ☐ Using wet hands, form the matzo mixture into 1 1/2-ounce balls. (Be gentle: overmixing can result in tough, hard dumplings.)
- ☐ Add the dumplings to the pot of water and cook until cooked all the way through, about 45 minutes. The dumplings can be held in warm water until ready to serve.
- ☐ For the soup: Sweat the onions, carrots and celery in a large soup pot with the schmaltz until soft and translucent, about 10 minutes.
- ☐ Add the chicken stock and bay leaves and bring to a boil. Lower the heat and simmer until the vegetables are very tender, 20 minutes. Skim any foam or bits of food that have risen to the top. Discard the bay leaves.
- ☐ Add salt and pepper to taste.
- ☐ Just before serving, add the noodles and chicken and heat through.
- ☐ Place 2 matzo balls in each bowl and add the soup.

Nutrition Facts



Properties

Glycemic Index:19.48, Glycemic Load:3.09, Inflammation Score:-8, Nutrition Score:15.877826110176%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg 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: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 435.16kcal (21.76%), Fat: 13.93g (21.43%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 54.65g (18.22%), Net Carbohydrates: 52.52g (19.1%), Sugar: 9.03g (10.03%), Cholesterol: 33.12mg (11.04%), Sodium: 1768.63mg (76.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.31%), Vitamin B3: 10.42mg (52.11%), Selenium: 32.68µg (46.68%), Vitamin B2: 0.55mg (32.26%), Vitamin A: 1392.34IU (27.85%), Vitamin B6: 0.46mg (22.82%), Vitamin B1: 0.34mg (22.52%), Phosphorus: 220.89mg (22.09%), Potassium: 663.98mg (18.97%), Manganese: 0.36mg (17.94%), Copper: 0.33mg (16.35%), Vitamin K: 15.34µg (14.61%), Iron: 2.58mg (14.35%), Magnesium: 40.37mg (10.09%), Folate: 40.09µg (10.02%), Zinc: 1.4mg (9.32%), Fiber: 2.13g (8.51%), Vitamin E: 0.77mg (5.16%), Vitamin B5: 0.45mg (4.46%), Vitamin C: 3.34mg (4.04%), Calcium: 37.57mg (3.76%), Vitamin B12: 0.07µg (1.15%)