

Chicken Soup with Miniature Leek-Chive Matzo Balls

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



135 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 cups chicken broth
- 4 eggs
- 12 servings chives fresh chopped
- 2 tablespoons ginger ale
- 0.3 teaspoon ground ginger
- 0.3 teaspoon pepper
- 1.5 teaspoons kosher salt

- 0.5 cup leek white green packed finely chopped (and pale parts only)
- 6 tablespoons butter unsalted ()
- 1 cup matzo meal unsalted

Equipment

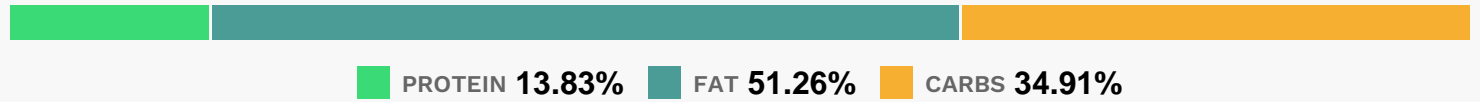
- bowl
- frying pan
- baking sheet
- ladle
- pot
- plastic wrap
- slotted spoon

Directions

- Melt margarine in heavy small skillet over medium heat.
- Add leek; sauté 5 minutes.
- Remove from heat.
- Add 1/2 cup chives.
- Beat eggs, ginger ale, salt, pepper and ginger to blend in bowl.
- Mix in matzo meal and leek mixture. Cover and chill until firm, at least 2 hours.
- Line large baking sheet with plastic wrap. Using moistened palms, roll rounded teaspoons of matzo mixture into balls.
- Place on prepared baking sheet. Chill 30 minutes.
- Bring large pot of salted water to boil. Drop in matzo balls; cover pot. Cook matzo balls until tender and evenly colored throughout, about 40 minutes. Using slotted spoon, transfer matzo balls to bowl. (Can be made 3 days ahead. Cover and chill.)
- Bring chicken broth to simmer in large pot.
- Add matzo balls and cook until warmed through, about 10 minutes.
- Place 4 matzo balls in each of 12 bowls. Ladle soup over.

Garnish with chives and serves.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:4.7056521799253%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 135.13kcal (6.76%), Fat: 7.71g (11.86%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 11.35g (4.13%), Sugar: 1.48g (1.65%), Cholesterol: 59.26mg (19.75%), Sodium: 1250.34mg (54.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin B2: 0.24mg (14.39%), Selenium: 9.82µg (14.03%), Manganese: 0.23mg (11.49%), Vitamin A: 439.88IU (8.8%), Vitamin B1: 0.1mg (6.94%), Phosphorus: 52.45mg (5.24%), Vitamin B3: 1.01mg (5.03%), Iron: 0.9mg (5.02%), Vitamin K: 4.02µg (3.83%), Vitamin E: 0.51mg (3.39%), Vitamin B5: 0.31mg (3.13%), Folate: 12.38µg (3.1%), Vitamin B12: 0.18µg (3.08%), Copper: 0.06mg (3.01%), Zinc: 0.45mg (2.98%), Potassium: 89.37mg (2.55%), Calcium: 24.82mg (2.48%), Vitamin B6: 0.05mg (2.47%), Magnesium: 8.89mg (2.22%), Vitamin D: 0.29µg (1.96%), Fiber: 0.46g (1.83%), Vitamin C: 1.04mg (1.26%)