



Classic Matzo Ball Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly-ground to taste
- 2 large carrots sliced
- 2 large celery stalks with leaves on, chopped
- 5 pound chicken
- 6 servings optional: dill fresh for garnish
- 3 eggs
- 3 sprigs optional: dill fresh
- 1 cup matzo meal

- 1 onion quartered
- 3 sprigs parsley
- 0.3 teaspoon salt
- 6 servings salt and pepper to taste
- 0.3 cup seltzer water
- 4 tablespoons vegetable oil

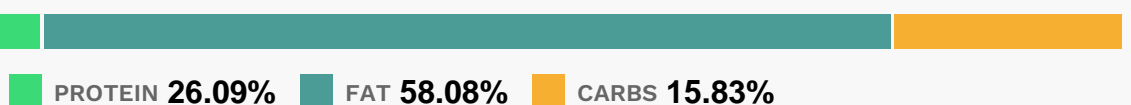
Equipment

- mixing bowl
- pot
- sieve

Directions

- Wash the chicken with cold water and place in pot. Cover with water and bring to a simmer (do not boil or your broth won't be clear). Skim off bubbling foam as it forms.
- Add celery, carrots, onion, herbs, salt and pepper and continue to simmer for about 45 minutes.
- Pour soup through strainer and let cool. When broth has completely cooled, remove the chicken meat and skim off the fat and save for the matzo balls. In a mixing bowl, mix together 4 eggs and 4 tablespoons chicken fat (or vegetable oil). Stir in the matzo meal and salt.
- Add 1/4 seltzer water. Cover and refrigerate for at least 1 hour. Form the matzo dough into teaspoon-size balls. Bring the chicken broth to a boil.
- Add the matzo balls, cover, and cook for 20 minutes.
- Serve immediately.
- Garnish with fresh dill or parsley.

Nutrition Facts



Properties

Glycemic Index:33.31, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:22.659565217391%

Flavonoids

Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Taste

Sweetness: 19.51%, Saltiness: 100%, Sourness: 13.97%, Bitterness: 20.48%, Savoriness: 66.98%, Fattiness: 63.01%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 611.74kcal (30.59%), Fat: 38.9g (59.84%), Saturated Fat: 9.96g (62.26%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 22.1g (8.04%), Sugar: 2.09g (2.32%), Cholesterol: 217.92mg (72.64%), Sodium: 469.78mg (20.43%), Protein: 39.32g (78.64%), Vitamin A: 4446.71IU (88.93%), Vitamin B3: 13.54mg (67.68%), Selenium: 41.62µg (59.45%), Vitamin B6: 0.76mg (37.82%), Phosphorus: 345.66mg (34.57%), Vitamin K: 31.53µg (30.03%), Vitamin B2: 0.41mg (23.94%), Vitamin B5: 2.19mg (21.87%), Zinc: 2.93mg (19.53%), Iron: 2.93mg (16.26%), Vitamin B1: 0.23mg (15.54%), Potassium: 512.27mg (14.64%), Manganese: 0.27mg (13.43%), Vitamin B12: 0.76µg (12.64%), Magnesium: 50.26mg (12.56%), Vitamin E: 1.7mg (11.34%), Folate: 34.79µg (8.7%), Vitamin C: 6.55mg (7.94%), Fiber: 1.75g (7%), Copper: 0.14mg (6.93%), Vitamin D: 0.8µg (5.35%), Calcium: 50.2mg (5.02%)