



Floater Matzo Balls

 Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 3 quarts veggie broth salted
- ☐ 3 large eggs
- ☐ 1 tbsp optional: dill fresh minced
- ☐ 0.3 tsp garlic powder
- ☐ 0.8 cup matzo meal
- ☐ 0.3 tsp onion powder
- ☐ 0.3 tsp salt

☐

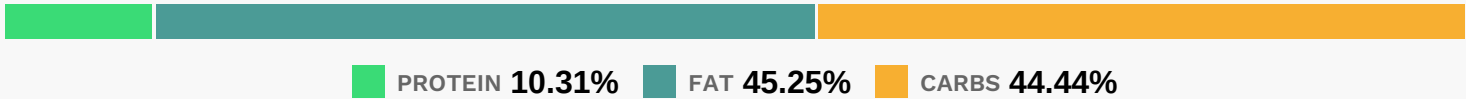
3 tbsp grapeseed oil melted (or substitute grapeseed oil)

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Floater Matzo Balls
- ☐ Ingredients3/4 cup matzo meal1 tsp baking powder1/4 tsp salt1/4 tsp garlic powder1/4 tsp onion powder1/4 tsp white pepper (optional)3 large eggs3 tbsp melted schmaltz (or substitute grapeseed oil)1 tbsp minced fresh dill (optional)3–4 quarts soup broth or salted water
- ☐ Total Time: 1 Hour 15 Minutes
- ☐ Servings: 16–20 matzo balls
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:1.1, Inflammation Score:-3, Nutrition Score:2.1682608475828%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 71.86kcal (3.59%), Fat: 3.61g (5.55%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 7.77g (2.83%), Sugar: 1.57g (1.74%), Cholesterol: 34.88mg (11.63%), Sodium: 789.96mg (34.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin A: 430.5IU (8.61%), Selenium: 5.32µg (7.6%), Vitamin E: 0.86mg (5.73%), Vitamin B2: 0.06mg (3.65%), Phosphorus: 31.04mg (3.1%), Manganese: 0.05mg (2.33%), Calcium: 23.25mg (2.33%), Iron: 0.41mg (2.27%), Vitamin B1: 0.03mg (1.97%), Vitamin B5: 0.17mg (1.74%), Folate: 5.61µg (1.4%), Vitamin B12: 0.08µg (1.39%), Vitamin B3: 0.26mg (1.32%), Vitamin D: 0.19µg (1.25%), Vitamin B6: 0.02mg (1.23%), Zinc: 0.17mg (1.13%)