

Gluten Free Matzo Balls - Potato Knaidelach



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



180 min.

SERVINGS



12

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups almond flour
- ☐ 12 servings almond flour
- ☐ 1 eggs
- ☐ 12 servings potatoes
- ☐ 0.3 cup potato flour
- ☐ 12 servings potatoes for at least 2 hours prior to assembling.
- ☐ 2 lbs potatoes - remove skin red
- ☐ 12 servings salt and pepper white

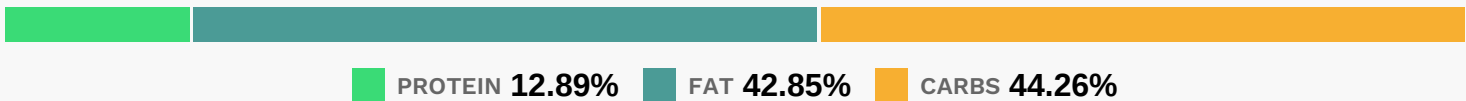
Equipment

☐ potato masher

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Gluten Free Matzo Balls – Potato Knaidelach
- ☐ Ingredients2 lbs large red potatoes 1 egg1/4 cup potato starch1 1/2–2 cups blanched almond meal
- ☐ Salt and white pepper
- ☐ You will also need
- ☐ Potato masher
- ☐ Prep Note
- ☐ Potatoes must chill in the refrigerator for at least 2 hours prior to assembling.Make sure your potato starch and almond meal are certified GF.
- ☐ Total Time: 3 Hours
- ☐ Servings: About 12 knaidelach
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:4.4395652724349%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 156.35kcal (7.82%), Fat: 7.89g (12.14%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 15.23g (5.54%), Sugar: 1.65g (1.83%), Cholesterol: 13.64mg (4.55%), Sodium: 214.56mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Fiber: 3.12g (12.46%), Potassium: 390.86mg (11.17%), Vitamin C: 7.02mg (8.51%), Vitamin B6: 0.17mg (8.31%), Iron: 1.25mg (6.92%), Manganese: 0.12mg (6.08%), Phosphorus: 60.12mg (6.01%), Copper: 0.11mg (5.64%), Vitamin B3: 1.01mg (5.05%), Magnesium: 19.7mg (4.93%), Vitamin B1: 0.07mg (4.79%), Calcium: 43.64mg (4.36%), Folate: 16.48µg (4.12%), Vitamin B5: 0.29mg (2.89%), Vitamin B2: 0.04mg (2.5%), Selenium: 1.55µg (2.21%), Zinc: 0.32mg (2.14%), Vitamin K: 2.24µg (2.13%)