



Lemon-Scented Chicken Soup with Parsley-Sage Matzo Balls

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound carrots peeled sliced
- ☐ 4 large celery stalks cut into 2-inch pieces
- ☐ 4.5 pound chicken rinsed cut into 8 pieces, well, excess skin and fat cut away and discarded
- ☐ 1 tablespoon kosher salt
- ☐ 10 large optional: dill fresh
- ☐ 8 slices optional: lemon thin
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1 pound onion quartered
- ☐ 10 large parsley fresh italian
- ☐ 0.5 pound parsnips peeled sliced
- ☐ 8 servings sage
- ☐ 5 quarts water cold
- ☐ 1 pound cubes red-skinned sweet potato peeled cut in half crosswise (red-skinned sweet potato)

Equipment

- ☐ bowl
- ☐ ladle
- ☐ knife
- ☐ pot

Directions

- ☐ Place chicken in large bowl.
- ☐ Add boiling water to cover.
- ☐ Let stand 2 minutes; drain well. Using small knife, scrape skin to remove any surface fat. Rinse with cold water; drain again. Bring 5 quarts water to boil in heavy large pot.
- ☐ Add chicken. Return to boil, skimming impurities . Cook until broth is clear, skimming as needed and stirring occasionally, about 15 minutes.
- ☐ Add onions, yam, carrots, parsnips, and celery. Partially cover and reduce heat to medium-low; simmer until chicken and vegetables are tender, about 1 1/2 hours.
- ☐ Add dill and parsley to soup; simmer 3 minutes.
- ☐ Remove from heat and let stand 1 hour. Strain into clean pot. (Can be made 2 days ahead. Chill uncovered until cold, then cover and chill.)
- ☐ Add matzo balls to soup and rewarm over medium heat. Season to taste with lemon juice, salt, and pepper. Ladle into bowls.
- ☐ Add 1 lemon slice and matzo balls to each.

Nutrition Facts



Properties

Glycemic Index:28.79, Glycemic Load:4.6, Inflammation Score:-10, Nutrition Score:24.04217391947%

Flavonoids

Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.76mg, Apigenin: 2.76mg, Apigenin: 2.76mg, Apigenin: 2.76mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg

Nutrients (% of daily need)

Calories: 380.31kcal (19.02%), Fat: 18.84g (28.98%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 21.76g (7.91%), Sugar: 9.81g (10.9%), Cholesterol: 91.85mg (30.62%), Sodium: 1045.47mg (45.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.94%), Vitamin A: 18385.75IU (367.72%), Vitamin B3: 9.91mg (49.55%), Vitamin C: 33.27mg (40.33%), Vitamin B6: 0.76mg (37.81%), Vitamin K: 36.45µg (34.71%), Manganese: 0.63mg (31.33%), Selenium: 18.63µg (26.62%), Phosphorus: 265.72mg (26.57%), Potassium: 863.11mg (24.66%), Fiber: 5.73g (22.92%), Copper: 0.45mg (22.58%), Vitamin B5: 2.01mg (20.07%), Magnesium: 67.23mg (16.81%), Vitamin B2: 0.27mg (15.86%), Zinc: 2.25mg (14.99%), Vitamin B1: 0.22mg (14.69%), Folate: 54.99µg (13.75%), Iron: 2.13mg (11.83%), Vitamin E: 1.52mg (10.12%), Calcium: 98.13mg (9.81%), Vitamin B12: 0.38µg (6.33%), Vitamin D: 0.24µg (1.63%)