



Matzo Ball Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups carrots chopped
- 1.5 cups celery chopped
- 1.3 pounds skin-on chicken drumsticks
- 1.3 pounds chicken thighs
- 2 large egg yolks
- 7 cups less-sodium chicken broth fat-free divided
- 2 tablespoons optional: dill fresh chopped
- 1 garlic clove minced

- 10 garlic cloves crushed
- 1.5 cups matzo meal unsalted
- 2 tablespoons onion fresh minced
- 4 cups onion chopped
- 8 parsley sprigs
- 0.5 teaspoon salt divided
- 8 thyme sprigs
- 3 tablespoons vegetable oil
- 4 cups water

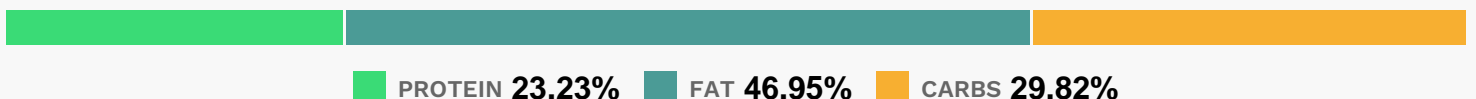
Equipment

- bowl
- frying pan
- colander

Directions

- Combine 1 3/4 cups chicken broth, matzo meal, 2 tablespoons minced onion, oil, 1/4 teaspoon salt, yolks, and 1 minced garlic clove, stirring well. Cover and chill 1 hour.
- While matzo mixture chills, combine 5 1/4 cups broth, 1/4 teaspoon salt, chopped onion, and next 8 ingredients (chopped onion through drumsticks); bring to a boil. Reduce heat, and simmer 1 hour, skimming surface as needed.
- Remove chicken; reserve for another use. Strain broth mixture through a colander into a large bowl; discard solids. Return broth to pan; bring to a boil. Reduce heat, and simmer.
- Lightly coat hands with cooking spray. Divide matzo mixture evenly into 24 (1 1/2-inch) balls. Gently drop balls into simmering broth. Cover, reduce heat to medium-low, and cook 5 minutes or until done (matzo balls will rise to surface).
- Remove from heat; stir in dill.

Nutrition Facts



Properties

Glycemic Index:47.47, Glycemic Load:3.98, Inflammation Score:-10, Nutrition Score:29.895652574042%

Flavonoids

Apigenin: 3.64mg, Apigenin: 3.64mg, Apigenin: 3.64mg, Apigenin: 3.64mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 5.57mg, Isorhamnetin: 5.57mg, Isorhamnetin: 5.57mg, Isorhamnetin: 5.57mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 22.67mg, Quercetin: 22.67mg, Quercetin: 22.67mg, Quercetin: 22.67mg

Nutrients (% of daily need)

Calories: 626.06kcal (31.3%), Fat: 32.55g (50.08%), Saturated Fat: 7.91g (49.41%), Carbohydrates: 46.53g (15.51%), Net Carbohydrates: 41.96g (15.26%), Sugar: 7.12g (7.91%), Cholesterol: 222.11mg (74.04%), Sodium: 1483.98mg (64.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.46%), Vitamin A: 5839.35IU (116.79%), Selenium: 55.33µg (79.05%), Vitamin B3: 11.39mg (56.97%), Vitamin K: 50.48µg (48.07%), Vitamin B6: 0.94mg (46.81%), Phosphorus: 413.6mg (41.36%), Manganese: 0.62mg (31.01%), Vitamin B2: 0.51mg (29.99%), Vitamin B12: 1.66µg (27.61%), Vitamin B5: 2.69mg (26.94%), Vitamin B1: 0.38mg (25.54%), Potassium: 849.3mg (24.27%), Zinc: 3.39mg (22.63%), Vitamin C: 16.55mg (20.06%), Iron: 3.53mg (19.61%), Fiber: 4.57g (18.28%), Magnesium: 67.79mg (16.95%), Folate: 60.98µg (15.25%), Copper: 0.29mg (14.29%), Calcium: 105.55mg (10.56%), Vitamin E: 1.38mg (9.19%), Vitamin D: 0.47µg (3.16%)