



Matzo Ball Soup

 Dairy Free

READY IN



240 min.

SERVINGS



30

CALORIES



123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 medium carrots thinly sliced
- 3 rib celery
- 30 servings dill sprigs fresh
- 4 large eggs lightly beaten
- 1 oz optional: dill fresh
- 1 bunch parsley fresh
- 0.5 teaspoon ground pepper white
- 1.8 teaspoons kosher salt

- 2.5 teaspoons kosher salt
- 1.5 Tbsp juice of lemon fresh
- 1 cup matzo meal
- 1 medium onion quartered
- 3 parsnips thinly sliced
- 30 servings kitchen string
- 3 lb skin-on bone-in
- 2 tablespoons vegetable oil

Equipment

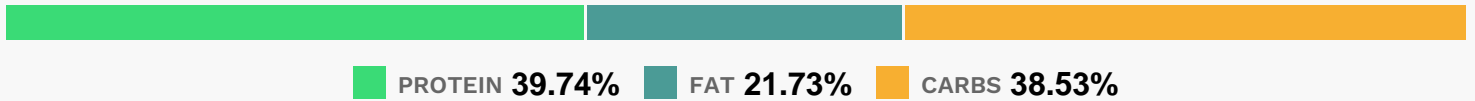
- bowl
- sauce pan
- whisk
- sieve
- slotted spoon
- dutch oven
- kitchen twine

Directions

- Prepare Soup: Tie half of dill and half of parsley in a bunch with kitchen string. Chop remaining dill and parsley to equal 2 tsp. each.
- Bring chicken, next 4 ingredients, dill-parsley bunch, and 3 1/2 qt. water to a boil in a large Dutch oven over medium-high heat; skim any foam with a slotted spoon. Cover, reduce heat to medium-low, and simmer, 2 1/2 to 3 hours or until chicken is tender and falls off the bone.
- Whisk together oil, eggs, and 1/4 cup water.
- Add matzo meal and 1 3/4 tsp. kosher salt; whisk until well blended. Cover and chill 30 minutes.
- Remove soup from heat. Skim fat from surface of broth.
- Remove chicken and celery.

- Pour broth through a fine wire-mesh strainer into a large bowl. Return broth, carrots, and parsnips to Dutch oven, discarding onion and herb bunch.
- Let chicken, celery, and broth mixture cool 30 minutes.
- Meanwhile, assemble and cook Matzo Balls: Shape matzo batter into 18 (1-inch) balls (about 1 Tbsp. each), using wet hands. Bring 2 1/2 qt. water to a boil in a large saucepan over medium-high heat. Drop matzo balls into boiling water; return to a boil. Cover, reduce heat to medium-low; simmer 30 minutes.
- Remove matzo balls from water with a slotted spoon.
- Squeeze juice from cooled celery ribs into broth. Discard celery ribs. Skin and bone chicken; shred chicken.
- Add matzo balls, shredded chicken, lemon juice, kosher salt, and pepper to broth. Bring to a boil over medium-high heat. Reduce heat to medium-low; simmer 8 minutes. Stir in reserved dill and parsley; cook 2 minutes.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.86, Glycemic Load:2.5, Inflammation Score:-9, Nutrition Score:14.001304460608%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 122.58kcal (6.13%), Fat: 3g (4.62%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 9.2g (3.34%), Sugar: 3.15g (3.5%), Cholesterol: 53.83mg (17.94%), Sodium: 403.93mg (17.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.69%), Vitamin K: 61.21µg (58.29%), Vitamin A: 2029.14IU (40.58%), Vitamin B3: 5.56mg (27.78%), Selenium: 18.92µg (27.03%), Vitamin B6: 0.47mg (23.38%), Vitamin C: 14.36mg (17.4%), Phosphorus: 150.36mg (15.04%), Manganese: 0.28mg (13.98%), Potassium: 407.17mg

(11.63%), Fiber: 2.77g (11.09%), Folate: 41.16µg (10.29%), Vitamin B5: 1.03mg (10.26%), Vitamin B2: 0.17mg (9.72%), Magnesium: 34.97mg (8.74%), Vitamin B1: 0.12mg (7.89%), Iron: 1.32mg (7.32%), Vitamin E: 0.76mg (5.06%), Zinc: 0.66mg (4.41%), Copper: 0.09mg (4.33%), Calcium: 41.24mg (4.12%), Vitamin B12: 0.15µg (2.5%), Vitamin D: 0.18µg (1.19%)