



Matzo Balls

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 4 large eggs
- ☐ 1.3 cups matzo meal
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon salt
- ☐ 0.3 cup schmaltz

Equipment

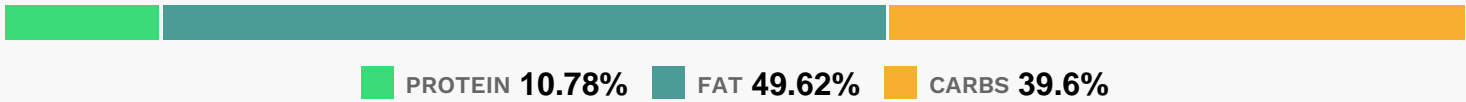
- ☐ bowl

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Fill a large, wide stockpot three-quarters full of water, add 1 tablespoon of the salt, and bring to a rapid boil.
- ☐ While water is boiling, crack eggs into a large bowl and beat thoroughly. Beat in schmaltz, 1/4 teaspoon salt, pepper, and baking powder. Slowly fold in matzo meal, mixing vigorously until completely blended.
- ☐ Wet hands and, folding the mixture in your palms, shape perfect balls about 1 1/4 inches in diameter (they will double in size when cooked). Gently place the matzo balls in the boiling water, and reduce heat to a simmer.
- ☐ Cook for 25 minutes.
- ☐ Remove with a slotted spoon and place 1 or 2 in each bowl of soup.
- ☐ Serve immediately.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:3.4721739097782%

Nutrients (% of daily need)

Calories: 137.16kcal (6.86%), Fat: 7.49g (11.52%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 12.96g (4.71%), Sugar: 0.11g (0.12%), Cholesterol: 67.69mg (22.56%), Sodium: 711.04mg (30.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Selenium: 10.87µg (15.53%), Vitamin B2: 0.12mg (7.15%), Calcium: 70.66mg (7.07%), Phosphorus: 68.82mg (6.88%), Manganese: 0.11mg (5.64%), Iron: 0.9mg

(5.01%), Vitamin B1: 0.07mg (4.46%), Vitamin B5: 0.32mg (3.25%), Vitamin B3: 0.62mg (3.09%), Folate: 10.48µg (2.62%), Vitamin B12: 0.15µg (2.47%), Vitamin B6: 0.05mg (2.32%), Vitamin E: 0.34mg (2.26%), Vitamin D: 0.33µg (2.22%), Zinc: 0.32mg (2.15%), Fiber: 0.48g (1.92%), Vitamin A: 90.23IU (1.8%), Magnesium: 6.25mg (1.56%), Potassium: 41.3mg (1.18%), Copper: 0.02mg (1.12%)