

Matzo Balls

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 eggs lightly beaten
- ☐ 3 tablespoons butter melted
- ☐ 1 cup matzo meal unsalted
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup water
- ☐ 2 quarts water

Equipment

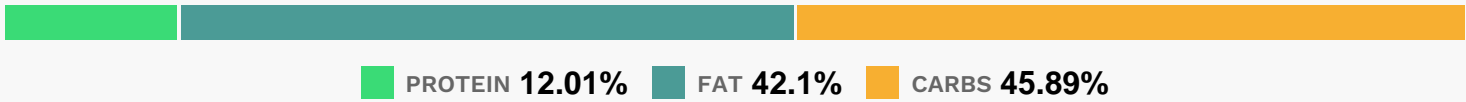
- ☐ bowl

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Combine the first 3 ingredients in a bowl.
- ☐ Add matzo meal and salt; stir well. Cover and chill 1 hour.
- ☐ With floured hands, shape mixture into 30 (1-inch) balls. Bring 2 quarts water to a boil in a Dutch oven; add matzo balls. Cover, reduce heat, and simmer 30 minutes.
- ☐ Remove balls with a slotted spoon; discard cooking liquid.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.95565217466134%

Nutrients (% of daily need)

Calories: 34.79kcal (1.74%), Fat: 1.61g (2.48%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.81g (1.39%), Sugar: 0.03g (0.03%), Cholesterol: 16.37mg (5.46%), Sodium: 80.84mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Selenium: 3.07µg (4.39%), Vitamin B2: 0.03mg (2.01%), Manganese: 0.03mg (1.59%), Vitamin A: 73.84IU (1.48%), Vitamin B1: 0.02mg (1.33%), Phosphorus: 13.19mg (1.32%), Iron: 0.22mg (1.25%)