



Matzo Balls with Chicken Broth

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground plus more to taste
- ☐ 2 qt best-quality chicken broth homemade or purchased
- ☐ 3 tablespoons cooking fat melted
- ☐ 3 large eggs lightly beaten
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.8 cup matzo meal
- ☐ 2 tablespoons onion finely chopped
- ☐ 3 tablespoons parsley finely chopped

☐ 1.5 teaspoons salt plus more to taste

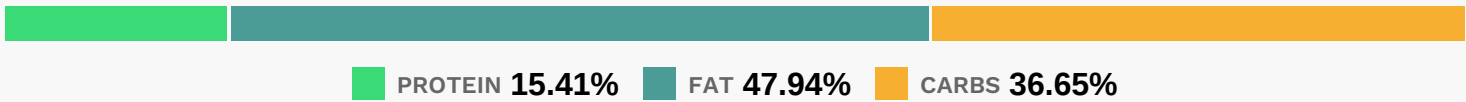
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ In a medium bowl, combine eggs, fat, 1 1/2 tsp. salt, nutmeg, and 1/8 tsp. pepper. Stir in matzo meal until well blended.
- ☐ Add 3 tbsp. water, parsley, and onion; mix well. Cover and chill for about 20 minutes.
- ☐ In a medium saucepan, bring broth to a boil over high heat. Using your hands, shape rounded tablespoonfuls of matzo mixture (it will stick slightly) into balls and drop into the boiling broth. Reduce heat, cover, and simmer gently until the matzo balls are spongy and light in the center (cut into 1 to test), about 30 minutes. Season soup to taste with additional salt and pepper.
- ☐ With a slotted spoon, lift matzo balls to serving bowls or a tureen.
- ☐ Pour hot broth over them.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:7.7830435607744%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 183.78kcal (9.19%), Fat: 9.71g (14.94%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 16.03g (5.83%), Sugar: 1.67g (1.86%), Cholesterol: 104.75mg (34.92%), Sodium: 1788.46mg (77.76%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Vitamin K: 33.01µg (31.44%), Selenium: 15.43µg (22.04%), Vitamin B2: 0.35mg (20.84%), Manganese: 0.28mg (14.07%), Vitamin B1: 0.15mg (9.83%), Phosphorus: 79.97mg (8%), Iron: 1.35mg (7.51%), Vitamin B3: 1.42mg (7.11%), Vitamin A: 310.13IU (6.2%), Vitamin D: 0.81µg (5.38%), Vitamin B5: 0.5mg (5.02%), Vitamin B12: 0.29µg (4.76%), Zinc: 0.69mg (4.62%), Folate: 18.44µg (4.61%), Copper: 0.08mg (4.08%), Vitamin E: 0.59mg (3.92%), Potassium: 127.65mg (3.65%), Vitamin C: 2.91mg (3.52%), Vitamin B6: 0.07mg (3.43%), Calcium: 33.04mg (3.3%), Magnesium: 12.03mg (3.01%), Fiber: 0.67g (2.67%)