



## Matzoh Ball Soup

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



69 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 bay leaf
- 2 carrots peeled sliced
- 3 celery stalks sliced
- 64 ounces kosher chicken broth
- 1 dill sprig fresh
- 6 garlic cloves minced
- 7 servings matzoh balls
- 1 small onion chopped

- 4 parsley sprigs fresh
- 2 parsnips peeled sliced
- 0.3 teaspoon pepper
- 2 thyme sprigs fresh

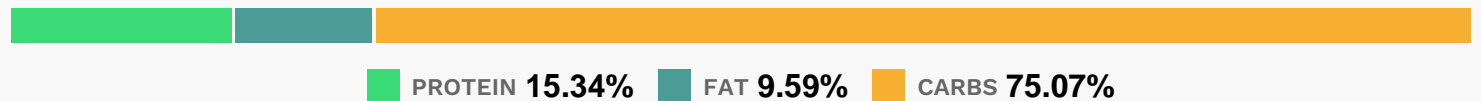
## Equipment

- bowl
- ladle
- dutch oven

## Directions

- Combine first 7 and, if desired, chicken, in a large Dutch oven. Tie together parsley and next 3 ingredients with a string, and place in Dutch oven. Bring mixture to a boil over medium-high heat; cover, reduce heat, and simmer 30 minutes.
- Remove herbs, and discard. Ladle soup into bowls, and add 2 matzo balls per serving.

## Nutrition Facts



## Properties

Glycemic Index:44.55, Glycemic Load:4.05, Inflammation Score:-9, Nutrition Score:9.6869564730188%

## Flavonoids

Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

## Nutrients (% of daily need)

Calories: 68.71kcal (3.44%), Fat: 0.77g (1.19%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 10.6g (3.85%), Sugar: 4.55g (5.05%), Cholesterol: 5.18mg (1.73%), Sodium: 980.73mg (42.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Vitamin A: 2998.94IU (59.98%), Manganese: 0.47mg (23.71%), Vitamin K: 22.34µg (21.28%), Vitamin C: 11.5mg (13.94%), Fiber: 3.02g (12.09%), Vitamin B2: 0.2mg

(11.59%), Folate: 37µg (9.25%), Potassium: 305.97mg (8.74%), Vitamin B1: 0.12mg (8.04%), Vitamin E: 0.89mg (5.95%), Copper: 0.12mg (5.82%), Vitamin B3: 1.14mg (5.69%), Phosphorus: 56.9mg (5.69%), Vitamin B6: 0.11mg (5.62%), Magnesium: 20.57mg (5.14%), Calcium: 42.51mg (4.25%), Iron: 0.7mg (3.9%), Vitamin B5: 0.38mg (3.78%), Selenium: 2.65µg (3.78%), Zinc: 0.55mg (3.7%)