



## Matzoh Balls

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



122 kcal

SIDE DISH

## Ingredients

- 32 ounces kosher chicken broth
- 4 large eggs
- 0.5 cup butter melted
- 1 cup matzo meal unsalted
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 0.5 cup seltzer water
- 8 cups water

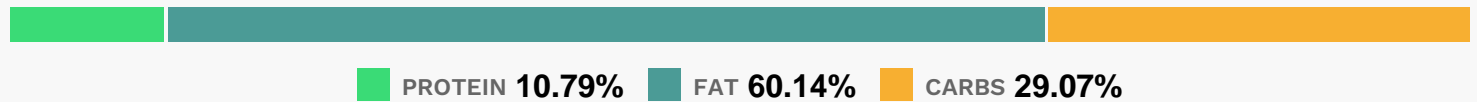
## Equipment

- plastic wrap
- hand mixer
- dutch oven

## Directions

- Beat eggs with an electric mixer 2 minutes or until frothy.
- Add seltzer water and next 3 ingredients; beat well.
- Add matzo meal, and beat until batter starts to thicken (about 2 minutes). Cover with plastic wrap, and chill at least 1 hour.
- Bring water and chicken broth to a boil in a large Dutch oven over medium-high heat. Reduce heat, and simmer. Wet hands, and shape batter in palm of hands, into 14 (2-inch) balls. Drop balls in simmering broth mixture. Cover and cook 20 minutes or until matzo balls double in size.
- Add matzo balls to soup and discard cooking broth mixture.

## Nutrition Facts



## Properties

Glycemic Index:2.29, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:3.130000003816%

## Nutrients (% of daily need)

Calories: 122.29kcal (6.11%), Fat: 8.16g (12.56%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.56g (3.11%), Sugar: 0.36g (0.4%), Cholesterol: 54.44mg (18.15%), Sodium: 511.79mg (22.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Selenium: 8.34µg (11.91%), Vitamin B2: 0.14mg (7.99%), Vitamin A: 368.82IU (7.38%), Manganese: 0.11mg (5.42%), Phosphorus: 41.76mg (4.18%), Vitamin B1: 0.06mg (3.93%), Iron: 0.62mg (3.45%), Vitamin E: 0.43mg (2.89%), Vitamin B5: 0.28mg (2.77%), Vitamin B3: 0.54mg (2.72%), Vitamin B12: 0.15µg (2.47%), Copper: 0.05mg (2.46%), Zinc: 0.32mg (2.14%), Folate: 8.51µg (2.13%), Calcium: 19.22mg (1.92%), Vitamin D: 0.29µg (1.9%), Vitamin B6: 0.04mg (1.84%), Magnesium: 6.67mg (1.67%), Potassium: 47.14mg (1.35%), Fiber: 0.32g (1.27%)