



Passover Soup with Chicken Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 cups chicken broth
- 1 eggs lightly beaten
- 8 eggs
- 0.7 pound ground chicken
- 1 pinch ground cinnamon
- 0.3 cup matzo meal
- 1 cup rice uncooked
- 8 servings salt and pepper to taste

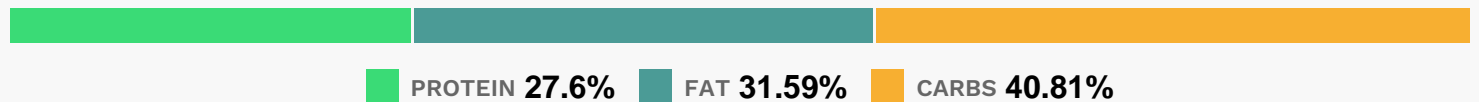
Equipment

- bowl
- frying pan
- sauce pan
- ladle
- pot

Directions

- Bring a large pot of salted water to a rolling boil.
- Place 8 eggs in the boiling water; let the eggs boil for one minute, then remove the pan from the heat.
- Let the eggs sit for 15 minutes before removing them from the pot.
- Let them cool, remove the shells, the white portion of the eggs (save or discard the white), and chop the yolks.
- In a medium bowl, mix ground chicken, beaten egg, matzo meal, salt and pepper to taste and cinnamon. Form mixture into walnut-sized balls and refrigerate until ready to cook.
- In a large saucepan over high heat, bring chicken broth to a boil.
- Add rice and chicken balls, cover and lower heat to medium low; simmer for 20 minutes or until the rice and chicken are cooked.
- Ladle into soup bowls and garnish with hard-boiled egg; serve.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:11.13, Inflammation Score:-2, Nutrition Score:11.186956508004%

Nutrients (% of daily need)

Calories: 249.97kcal (12.5%), Fat: 8.62g (13.26%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 25.06g (8.35%), Net Carbohydrates: 24.57g (8.93%), Sugar: 1.49g (1.66%), Cholesterol: 222.52mg (74.17%), Sodium: 1377.73mg (59.9%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.94g (33.88%), Selenium: 25.87µg (36.96%), Vitamin B2: 0.52mg (30.53%), Manganese: 0.45mg (22.47%), Phosphorus: 208.84mg (20.88%), Vitamin B3: 3.38mg (16.93%), Vitamin B6: 0.32mg (16.12%), Vitamin B5: 1.46mg (14.58%), Vitamin B12: 0.71µg (11.85%), Zinc: 1.69mg (11.28%), Vitamin B1: 0.16mg (10.76%), Potassium: 351.77mg (10.05%), Iron: 1.75mg (9.75%), Copper: 0.16mg (7.94%), Folate: 26.49µg (6.62%), Vitamin D: 0.99µg (6.6%), Magnesium: 24.07mg (6.02%), Vitamin A: 273.25IU (5.46%), Vitamin E: 0.77mg (5.13%), Calcium: 49.34mg (4.93%), Fiber: 0.49g (1.96%)