



Quick & Easy Matzo Balls

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



134 kcal

SIDE DISH

Ingredients

- 4 large eggs lightly beaten
- 0.3 tsp garlic powder
- 1 cup matzo meal
- 0.3 cup oil
- 1 tsp onion powder
- 1 tsp salt
- 0.3 cup water

Equipment

pot

Directions

- Mix all ingredients until well blended; cover. Refrigerate 30 min.
- Shape evenly into 18 balls, each about 1 inch in diameter, using moistened hands.
- Add to large pot of boiling salted water; cover.
- Cook 30 min. or until matzo balls are cooked through; drain.

Nutrition Facts

 **PROTEIN 11.85%**  **FAT 51.89%**  **CARBS 36.26%**

Properties

Glycemic Index:0.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.6943478198803%

Nutrients (% of daily need)

Calories: 134.48kcal (6.72%), Fat: 7.7g (11.85%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 11.64g (4.23%), Sugar: 0.13g (0.15%), Cholesterol: 74.4mg (24.8%), Sodium: 261.47mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Selenium: 11.36µg (16.23%), Vitamin E: 1.2mg (8%), Vitamin B2: 0.13mg (7.79%), Phosphorus: 53.15mg (5.32%), Manganese: 0.1mg (5.05%), Iron: 0.81mg (4.49%), Vitamin B1: 0.06mg (4.24%), Vitamin K: 4.1µg (3.91%), Vitamin B5: 0.37mg (3.71%), Folate: 11.97µg (2.99%), Vitamin B12: 0.18µg (2.97%), Vitamin B3: 0.56mg (2.8%), Vitamin D: 0.4µg (2.67%), Vitamin B6: 0.05mg (2.66%), Zinc: 0.37mg (2.44%), Vitamin A: 108IU (2.16%), Fiber: 0.46g (1.85%), Magnesium: 6.3mg (1.57%), Calcium: 14.32mg (1.43%), Potassium: 46.62mg (1.33%), Copper: 0.03mg (1.29%)