



Quick & Easy Matzo Balls

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



224 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

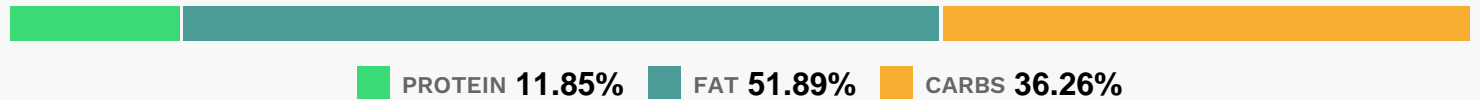
Equipment

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



Properties

Glycemic Index:0.83, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.157391231669%

Nutrients (% of daily need)

Calories: 224.13kcal (11.21%), Fat: 12.84g (19.75%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 19.41g (7.06%), Sugar: 0.22g (0.25%), Cholesterol: 124mg (41.33%), Sodium: 435.78mg (18.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.19%), Selenium: 18.93µg (27.05%), Vitamin E: 2mg (13.33%), Vitamin B2: 0.22mg (12.98%), Phosphorus: 88.59mg (8.86%), Manganese: 0.17mg (8.42%), Iron: 1.35mg (7.48%), Vitamin B1: 0.11mg (7.07%), Vitamin K: 6.84µg (6.52%), Vitamin B5: 0.62mg (6.18%), Folate: 19.95µg (4.99%), Vitamin B12: 0.3µg (4.94%), Vitamin B3: 0.94mg (4.67%), Vitamin D: 0.67µg (4.44%), Vitamin B6: 0.09mg (4.43%), Zinc: 0.61mg (4.07%), Vitamin A: 180IU (3.6%), Fiber: 0.77g (3.09%), Magnesium: 10.49mg (2.62%), Calcium: 23.87mg (2.39%), Potassium: 77.69mg (2.22%), Copper: 0.04mg (2.15%)