



Saffron Chicken Broth with Spinach Matzo Balls

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 bay leaves
- 0.5 teaspoon peppercorns whole black
- 6 pounds chicken wings
- 1.3 teaspoons kosher salt
- 4 large eggs
- 0.5 teaspoon pepper black
- 1 cup matzo meal unsalted

- 1.5 pounds onion quartered
- 1.5 teaspoons saffron threads
- 10 ounce spinach frozen dry thawed chopped
- 16 cups water

Equipment

- bowl
- ladle
- whisk
- pot
- slotted spoon

Directions

- Bring all ingredients to boil in very large pot. Reduce heat to medium-low, partially cover, and simmer 2 hours, stirring occasionally. Strain broth into another pot. Spoon 1/4 cup fat from top of broth and place in medium bowl; add 1/4 cup broth. Cool fat mixture and reserve for matzo balls.
- Remove enough meat from chicken wings to measure 1 generous cup. Finely mince chicken; reserve for matzo balls. Chill remaining broth until ready to use. (Can be made 2 days ahead. Cover and keep chilled.)
- Whisk eggs, salt, and pepper into chicken fat mixture.
- Mix in matzo meal, then spinach and reserved minced chicken. Cover and chill until firm, at least 1 hour and up to 1 day.
- Bring large pot of generously salted water to boil. Using wet hands and about 2 tablespoons for each, shape matzo mixture into 16 balls; drop into boiling water. Reduce heat to low, cover pot, and simmer until tender, about 45 minutes. Using slotted spoon, transfer matzo balls to 13x9x2-inch dish. (Can be made 1 day ahead; chill.)
- Skim any fat from top of broth; bring to simmer. Season with salt and pepper.
- Add cooked matzo balls; simmer until heated through, about 10 minutes. Ladle broth and 2 matzo balls into each of 8 bowls and serve.

Nutrition Facts



■ PROTEIN 29.59% ■ FAT 52.6% ■ CARBS 17.81%

Properties

Glycemic Index:20.13, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:28.962608606919%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.26mg, Quercetin: 17.26mg, Quercetin: 17.26mg

Nutrients (% of daily need)

Calories: 558.29kcal (27.91%), Fat: 32.27g (49.64%), Saturated Fat: 9.11g (56.94%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 21.47g (7.81%), Sugar: 3.98g (4.42%), Cholesterol: 234.45mg (78.15%), Sodium: 586.37mg (25.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.84g (81.69%), Vitamin K: 132.95µg (126.62%), Vitamin A: 4569IU (91.38%), Selenium: 45.18µg (64.55%), Vitamin B3: 11.87mg (59.35%), Vitamin B6: 0.87mg (43.56%), Phosphorus: 350.36mg (35.04%), Manganese: 0.58mg (28.82%), Vitamin B2: 0.43mg (25.31%), Folate: 89.84µg (22.46%), Zinc: 3.28mg (21.89%), Iron: 3.66mg (20.34%), Magnesium: 81.09mg (20.27%), Vitamin B5: 2.01mg (20.11%), Potassium: 593.57mg (16.96%), Vitamin B1: 0.24mg (15.92%), Vitamin B12: 0.81µg (13.51%), Copper: 0.27mg (13.49%), Vitamin E: 1.87mg (12.49%), Fiber: 3.12g (12.48%), Calcium: 120.43mg (12.04%), Vitamin C: 9.58mg (11.61%), Vitamin D: 0.68µg (4.56%)