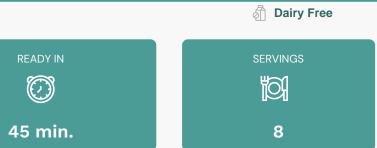


Saffron Chicken Broth with Spinach Matzo Balls





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
_	
Eq	uipment
	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

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, Luteolin: 0.02mg Isorhamnetin: 4.26mg, 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: 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: Og (100%), Alcohol %: O% (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%)