



Saffron Matzo Balls



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients



1 slices carrots chopped for garnish



2 large eggs



2 tbsp olive oil extra virgin



2.5 oz matzo



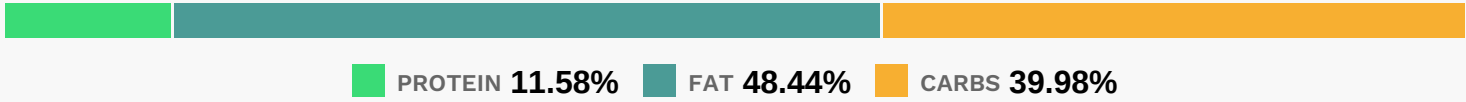
0 oz saffron threads

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Saffron Matzo Balls
- ☐ Ingredients0.02 oz saffron threads2 large eggs2 tbsp extra virgin olive oil1 packet (2 1/2 oz) matzo ball mix
- ☐ Carrot slices and chopped parsley, for garnish
- ☐ Servings: 8 matzo balls
- ☐ Kosher Key: Meat when served with chicken soup

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:0.51, Inflammation Score:-9, Nutrition Score:5.1304348551709%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 90.28kcal (4.51%), Fat: 4.85g (7.47%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 8.32g (3.02%), Sugar: 0.79g (0.88%), Cholesterol: 46.5mg (15.5%), Sodium: 28.45mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin A: 2615.54IU (52.31%), Selenium: 7.13µg (10.18%), Vitamin B2: 0.09mg (5.41%), Manganese: 0.1mg (5.15%), Vitamin E: 0.74mg (4.94%), Vitamin K: 4.18µg (3.98%), Phosphorus: 38.15mg (3.82%), Vitamin B1: 0.05mg (3.3%), Iron: 0.57mg (3.18%), Fiber: 0.7g (2.78%), Vitamin B5: 0.27mg (2.73%), Vitamin B6: 0.05mg (2.66%), Folate: 10.34µg (2.59%), Vitamin B3: 0.5mg (2.52%), Potassium: 77.23mg (2.21%), Vitamin B12: 0.11µg (1.85%), Zinc: 0.26mg (1.73%), Vitamin D: 0.25µg (1.67%), Magnesium: 5.73mg (1.43%), Calcium: 13.3mg (1.33%), Vitamin C: 0.96mg (1.16%), Copper: 0.02mg (1.07%)