

Sinker Matzo Balls

 Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 quarts veggie broth salted
- ☐ 2 eggs
- ☐ 1 tbsp optional: dill fresh minced
- ☐ 0.3 tsp garlic powder
- ☐ 0.8 cup matzo meal
- ☐ 0.3 tsp onion powder
- ☐ 0.3 tsp salt
- ☐ 2.5 tbsp grapeseed oil melted (or substitute grapeseed oil)

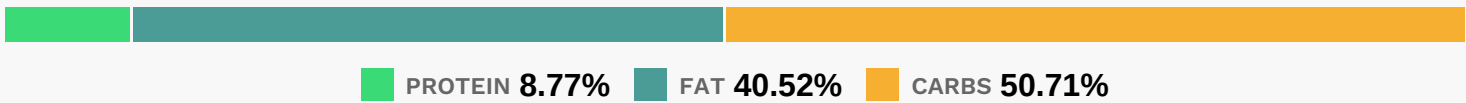
☐ 0.3 tsp pepper white

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Sinkers Matzo Balls
- ☐ Ingredients3/4 cup matzo meal1/4 tsp salt1/4 tsp garlic powder1/4 tsp onion powder1/4 tsp white pepper (optional)2 eggs2 1/2 tbsp melted schmaltz (or substitute grapeseed oil)1 tbsp minced fresh dill3–4 quarts soup broth or salted water
- ☐ Total Time: 1 Hour 15 Minutes
- ☐ Servings: 16–20 matzo balls
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:1.02, Inflammation Score:-3, Nutrition Score:1.6756521565435%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 62.41kcal (3.12%), Fat: 2.8g (4.31%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.68g (2.79%), Sugar: 1.55g (1.72%), Cholesterol: 20.46mg (6.82%), Sodium: 753.98mg (32.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Vitamin A: 409.58IU (8.19%), Selenium: 4.13µg (5.9%), Vitamin E: 0.69mg (4.61%), Vitamin B2: 0.04mg (2.61%), Manganese: 0.05mg (2.36%), Vitamin B1: 0.03mg (1.87%), Iron: 0.32mg (1.75%), Phosphorus: 17.13mg (1.71%), Vitamin B3: 0.26mg (1.3%), Vitamin B5: 0.11mg (1.14%)