



Spinach Matzo Balls

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces baby spinach fresh
- ☐ 2 large egg whites
- ☐ 1 cup matzo (usually both bags out of a box)
- ☐ 2 tablespoons olive oil

Equipment

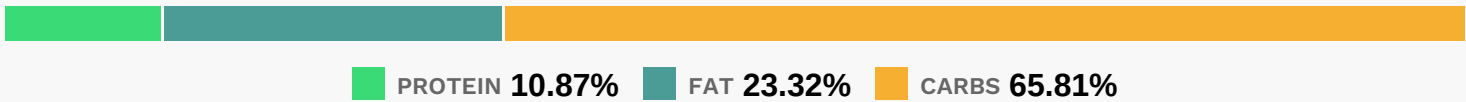
- ☐ food processor
- ☐ bowl
- ☐ whisk

☐ pot

Directions

- ☐ In a medium bowl whisk the eggs and the oil.
- ☐ In the bowl of a food processor fitted with a metal blade, process the spinach until puréed. Squeeze the water out of the spinach.
- ☐ Add the spinach purée into the egg mixture.
- ☐ Whisk to incorporate.
- ☐ Sprinkle in 1 cup (2 bags) of the matzo ball mix. Stir in with a fork, mixing as little as possible. Don't overwork it. Chill in freezer for 20 minutes.
- ☐ Meanwhile, bring a pot of water or chicken stock to a boil.
- ☐ Wet your hands in a bowl of cold water. Using your hand, and manipulating as little as possible, scoop out a ping-pong-ball size of the mixture. Form into a ball with your fingertips, using no real pressure. Bring the water down to a simmer. Drop the balls into the water. Cover the pot and simmer for 20 minutes.
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Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:9.9991302457841%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 205.99kcal (10.3%), Fat: 5.29g (8.14%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 32.1g (11.67%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 29.55mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin K: 71.39µg (67.99%), Vitamin A: 1329.17IU (26.58%), Selenium: 16.89µg (24.13%), Manganese: 0.38mg (19.23%), Vitamin B2: 0.19mg (11.17%), Vitamin B1: 0.16mg (10.94%),

Iron: 1.67mg (9.25%), Folate: 34.64µg (8.66%), Vitamin B3: 1.65mg (8.24%), Vitamin E: 0.98mg (6.56%), Fiber: 1.49g (5.98%), Magnesium: 22.27mg (5.57%), Vitamin C: 3.98mg (4.83%), Phosphorus: 43.69mg (4.37%), Potassium: 141.23mg (4.04%), Vitamin B6: 0.07mg (3.68%), Zinc: 0.35mg (2.31%), Copper: 0.04mg (2.23%), Vitamin B5: 0.2mg (2.05%), Calcium: 19.98mg (2%)