



Throwdown's Matzo Ball Soup

 Dairy Free

READY IN



715 min.

SERVINGS



8

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 3 carrots cut into 2-inch pieces
- 3 stalks celery cut into 2-inch pieces
- 3 pound meat from a rotisserie chicken
- 3 lbs chicken bones
- 6 tablespoons cooking fat
- 3 tablespoons chives finely chopped
- 8 servings dill leaves fresh chopped

- 4 large eggs
- 0.3 cup optional: dill fresh finely chopped
- 10 sprigs thyme leaves fresh
- 0.3 teaspoon ground pepper black
- 2 jalapeño peppers
- 1.3 teaspoons kosher salt
- 1 cup matzo meal unsalted
- 1 small bunch parsley
- 8 servings salt and pepper black freshly ground
- 2 tablespoons seltzer water
- 1 teaspoon sugar
- 8 servings water
- 1 teaspoon peppercorns white
- 2 large onions yellow quartered

Equipment

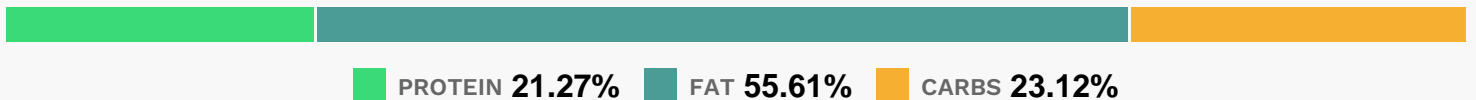
- bowl
- frying pan
- sauce pan
- ladle
- whisk
- pot
- slotted spoon

Directions

- Watch how to make this recipe.
- Heat the chicken fat over medium heat in a small pan.
- Add the chives and cook for 30 seconds. Set aside to cool slightly.
- In a large bowl, add the eggs, dill, seltzer, sugar, and salt and pepper and whisk until combined.

- Add the matzo meal and the chicken fat/chive mixture and stir to combine. Cover well and refrigerate for at least 8 hours and up to 24 hours.
- Bring a large pot of salted water to a boil over medium heat. Form the matzo mixture into 8 equal size balls, about 1 3/4 ounces each, add to the water, reduce the heat to simmer, cover and cook until very tender, about 1 hour and 20 minutes.
- Remove with a slotted spoon to the pot with the chicken stock and cook for 5 minutes before serving. Ladle the soup into individual bowls and serve.
- Combine all ingredients in a large stockpot and add enough cold water to cover by 2-inches. Bring to a boil, over medium heat, then reduce the heat to low and simmer, skimming the scum from the stock with a ladle, every 15 minutes, for 3 hours. Strain into a large bowl and discard the solids.
- Transfer to a large saucepan and cook until reduced by half.
- Add the roasted jalapenos for the last 10 minutes or of simmering, then remove. Season with salt, pepper and freshly chopped dill.

Nutrition Facts



Properties

Glycemic Index:52.99, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:22.664782855822%

Flavonoids

Apigenin: 15.81mg, Apigenin: 15.81mg, Apigenin: 15.81mg, Apigenin: 15.81mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg

Nutrients (% of daily need)

Calories: 403.38kcal (20.17%), Fat: 24.76g (38.09%), Saturated Fat: 7.26g (45.37%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 20.33g (7.39%), Sugar: 3.74g (4.16%), Cholesterol: 162.4mg (54.13%), Sodium: 503.17mg (21.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Vitamin K: 129.08µg (122.93%), Vitamin A: 5008.71IU (100.17%), Selenium: 26.24µg (37.49%), Vitamin B3: 6.77mg (33.83%), Vitamin C: 23.65mg (28.67%), Vitamin B6: 0.47mg (23.37%), Phosphorus: 217mg (21.7%), Vitamin B2: 0.32mg (18.68%), Manganese: 0.34mg (17.17%), Iron: 2.81mg (15.62%), Vitamin B5: 1.41mg (14.06%), Folate: 52.5µg (13.13%), Potassium: 448.94mg (12.83%), Zinc: 1.81mg (12.08%), Vitamin B1: 0.17mg (11.5%), Fiber: 2.82g (11.29%), Magnesium: 42.55mg (10.64%), Copper:

0.17mg (8.37%), Vitamin B12: 0.48µg (7.93%), Vitamin E: 1.16mg (7.73%), Calcium: 77.12mg (7.71%), Vitamin D: 1.12µg (7.49%)