



Tomato Matzo Balls

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 2 large egg whites
- ☐ 0.5 cup matzo (usually)
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons tomato paste

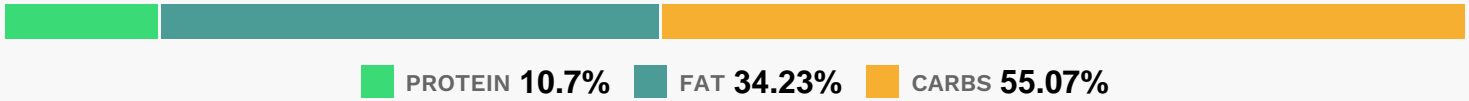
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a medium bowl whisk the eggs and the oil.
- ☐ Add the tomato paste into the egg mixture.
- ☐ Whisk to incorporate fully.
- ☐ Sprinkle in 1/2 cup (1 bag) of the matzo ball mix. Stir in with a fork, mixing as little as possible. Don't overwork it. Chill in refrigerator 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, adding more matzo ball mix or matzo meal as needed. 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:7.5, Glycemic Load:0.53, Inflammation Score:-1, Nutrition Score:3.4804347824791%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 131.41kcal (6.57%), Fat: 5g (7.69%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 17.18g (6.25%), Sugar: 1.11g (1.23%), Cholesterol: 0mg (0%), Sodium: 81.55mg (3.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Selenium: 9.9µg (14.14%), Manganese: 0.15mg (7.68%), Vitamin B2: 0.12mg (6.94%), Vitamin E: 1.03mg (6.85%), Vitamin B1: 0.08mg (5.44%), Vitamin B3: 1.02mg (5.12%), Iron: 0.9mg (4.98%), Fiber: 0.92g (3.68%), Vitamin K: 3.78µg (3.6%), Potassium: 121.18mg (3.46%), Phosphorus: 25.84mg (2.58%), Vitamin A: 122IU (2.44%), Magnesium: 9.5mg (2.37%), Copper: 0.04mg (2.18%), Vitamin C: 1.75mg (2.12%), Vitamin B6: 0.04mg (2.03%), Zinc: 0.19mg (1.25%), Vitamin B5: 0.12mg (1.2%), Folate: 4.75µg (1.19%)