



Turmeric Matzo Balls

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 2 large egg whites
- ☐ 1 teaspoon turmeric
- ☐ 0.5 cup matzo (usually)
- ☐ 2 tablespoons vegetable oil

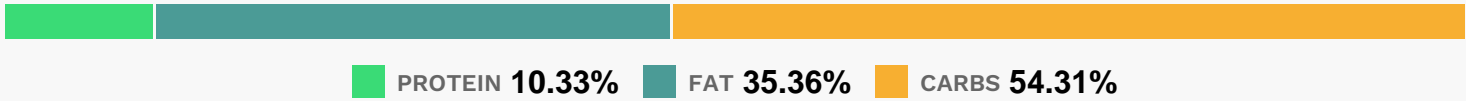
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a medium bowl whisk the eggs and the oil.
- ☐ Add the turmeric into the egg mixture.
- ☐ Whisk to incorporate to an even yellow color.
- ☐ 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:0.83, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:2.8439130870544%

Nutrients (% of daily need)

Calories: 124.85kcal (6.24%), Fat: 4.86g (7.48%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 16.14g (5.87%), Sugar: 0.15g (0.16%), Cholesterol: 0mg (0%), Sodium: 18.39mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Selenium: 9.49µg (13.56%), Vitamin K: 8.44µg (8.04%), Manganese: 0.16mg (7.77%), Vitamin B2: 0.11mg (6.26%), Vitamin B1: 0.08mg (5.15%), Iron: 0.77mg (4.28%), Vitamin B3: 0.8mg (3.98%), Fiber: 0.66g (2.65%), Vitamin E: 0.39mg (2.62%), Phosphorus: 20.09mg (2.01%), Magnesium: 6.78mg (1.7%), Vitamin B6: 0.03mg (1.46%), Potassium: 48.43mg (1.38%), Vitamin B5: 0.11mg (1.08%), Zinc: 0.15mg (1.01%)