

# Matzo Ball Soup with Hungry Planet Chicken - 1820

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	18.75 oz

## 1 MATZO BALLS

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
				1 lb 9.00 oz Crackers, matzo, plain	<b>MATZO BALLS</b> In a medium bowl, add matzah meal, JUST egg, oil, salt, pepper, dill, and parsley. Mix until combined. *Start with ¾ cup matzah meal and add up to 1 cup to make into a firm, yet slightly sticky, dough. Place the bowl of dough in the fridge for 30 minutes to help firm before shaping into balls. Once the matzo ball dough has firmed up, remove from the fridge and form into 1 inch ball-shapes. The dough should be enough for 12-14 small matzah balls total. Once the balls are formed, place them in the fridge, covered, and start on the soup.		
6 1/4 tbsp		0%		0 lb 2.98 oz Olive oil, extra virgin			
~ 1 1/2 pt		0%		0 lb 12.50 oz Vegan egg, Just brand			
6 1/4 tsp		0%		0 lb 0.23 oz Dill weed, fresh, chopped			
6 1/4 tsp		0%		0 lb 0.23 oz Parsley, Italian, fresh, chopped			
6 1/4 tsp		0%		0 lb 0.48 oz Spices, garlic powder			
3 1/8 tsp		0%		0 lb 0.31 oz Salt, kosher, Diamond Crystal			
3 1/8 tsp		0%		0 lb 0.25 oz Spices, black pepper, ground			

## 2 SOUP

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
6 1/4 tbsp		0%		0 lb 3.01 oz Oil, canola	<b>SOUP</b> Add 1 tablespoon of oil to a medium sized skillet, on medium-high heat. Once hot, add Hungry Planet Ground Chicken and cook until brown. Remove chicken from skillet and set aside.		
		0%		4 lb 11.00 oz Hungry Planet Chicken™			

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
~ 1 1/2 pt		0%		0 lb 11.13 oz Celery, diced	Next, add 1 tablespoon of oil into a large soup pot. Once hot, add in your chopped onions, celery, garlic, parsley, and carrots. Season with salt and pepper and sauté for 5 minutes.		
~ 1 1/2 qt		0%		1 lb 15.25 oz Carrots, peeled, diced			
~ 1 1/2 pt		0%		0 lb 13.91 oz Onions, finely chopped			

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
2.344 gal		0%		18 lb 4.33 oz Vegetable broth	Add vegetable broth to the pot. Taste, and add additional salt and pepper to your liking. Bring to a boil.		
6 1/4 tsp		0%		0 lb 0.23 oz Parsley, Italian, fresh, chopped			

Capacity measure      EP    Trim loss      AP    Name of ingredient      Methods      Dividing weight      Dividing capacity

5

Once boiling, add in your matzah balls one at a time. Turn the temperature down to medium heat and cook the soup for an additional 8 to 10 minutes (no longer, you do not want to overcook everything). Turn off the stove, remove the pot from the heat, add your cooked chicken, and serve immediately!

**ALLERGENS**



**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	29 lb 4.84 oz	0 %	29 lb 4.84 oz	0 %	29 lb 4.84 oz
Size of portion	18.75 oz		18.75 oz		18.75 oz

**ADDITIONAL INFO**

-

**MEMO**

-

**COSTS**

	Ingredients	Other costs	Total
Total price	\$0.00	\$0.00	\$0.00
Price / lb	\$0.00	\$0.00	\$0.00
Price per ptn	\$0.00	\$0.00	\$0.00

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives	% of energy	RI	Calories	RI	Minerals	RI	Others
<b>Total fat</b>	<b>1.94 g</b>	<b>28.65 %</b>	<b>60.00 kcal</b>	<b>3 %</b>	<b>Salt</b>	<b>0.60 g</b>	<b>10 %</b>
Saturated	0.15 g	2.26 %	251.04 kJ		Salt	0.60 %	Vitamin A
Monounsaturated	0.88 g	12.95 %	0.25 MJ		Sodium	237.04 mg	Vitamin D
Polyunsaturated	0.29 g	4.28 %			Phosphorus	11.03 mg	Thiamine
Trans	0.00 g	0.04 %			Potassium	90.23 mg	Riboflavin
Cholesterol	0.00 mg				Iron	0.55 mg	Niacin
Linolenic acid	0.23 g				Calcium	14.13 mg	Vitamin B6
Alpha-linolenic acid	58.71 mg				Zinc	0.09 mg	Vitamin B12
<b>Total Carbohydrate</b>	<b>7.41 g</b>	<b>50.18 %</b>			Magnesium	3.34 mg	Folate
Sugars	1.08 g	-0.43 %			Iodine	0.00 µg	Vitamin C
Sugar	0.00 g				Selenium	3.13 µg	Vitamin E
Lactose	0.00 g				Copper	0.01 mg	Vitamin K
Fiber	0.89 g	2.83 %					
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %					
Starch	0.10 g	0.65 %					
Protein	3.35 g	22.66 %					
Alcohol	0.00 g	0.00 %					
							Water
							74.72 g

**CO2**



0.03 kg

Comparable values

Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

Comparable CO2 emissions per 100 g.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.