



Apple-Cinnamon Farfel Kugel

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large apples shredded cored peeled
- 3 egg whites beaten
- 2 teaspoons ground cinnamon
- 1 cup matzo farfel
- 1 cup water hot
- 0.5 cup sugar white

Equipment

- bowl

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Spray an 8x8 inch baking dish with non-stick cooking spray.
- In a large bowl, combine the water and farfel.
- Add the sugar, apple, and cinnamon. Fold in the egg whites.
- Pour mixture into the prepared baking dish and dust the top with more cinnamon.
- Bake at 375 degrees F (190 degrees C) for 45 minutes.

Nutrition Facts

■ PROTEIN **8.52%** ■ FAT **2.53%** ■ CARBS **88.95%**

Properties

Glycemic Index:17.85, Glycemic Load:14.36, Inflammation Score:-2, Nutrition Score:5.8426086559244%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 268.02kcal (13.4%), Fat: 0.77g (1.18%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 60.51g (20.17%), Net Carbohydrates: 57.19g (20.8%), Sugar: 24.6g (27.33%), Cholesterol: 0mg (0%), Sodium: 27.85mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Selenium: 17.67µg (25.24%), Manganese: 0.4mg (20.05%), Fiber: 3.32g (13.28%), Vitamin B2: 0.2mg (11.96%), Vitamin B1: 0.17mg (11.07%), Vitamin B3: 1.63mg (8.13%), Iron: 1.41mg (7.84%), Phosphorus: 45.95mg (4.59%), Potassium: 151.36mg (4.32%), Vitamin C: 3.44mg (4.18%), Magnesium: 16.02mg (4%), Vitamin B6: 0.08mg (3.88%), Copper: 0.06mg (2.85%), Vitamin B5: 0.25mg (2.51%), Folate: 9.57µg (2.39%), Zinc: 0.32mg (2.13%), Vitamin K: 1.96µg (1.87%), Calcium: 18.67mg (1.87%), Vitamin E: 0.17mg

(1.15%)