

Apple Matzo Kugel

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 apples cored cubed peeled
- 3 eggs beaten
- 1 teaspoon ground cinnamon to taste
- 4 sheets matzo
- 0.5 cup raisins
- 0.5 teaspoon salt
- 0.5 cup sugar
- 0.3 cup vegetable oil

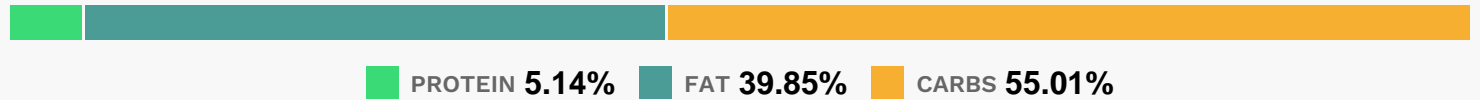
Equipment

- bowl
- oven
- baking pan
- colander

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking dish. Break the matzo sheets into pieces, and soak in a bowl of water until soft.
- Drain in a colander, mashing to squeeze the water out.
- In a separate bowl, mix together the eggs, salt, sugar, oil and cinnamon.
- Add the soaked matzo, and mix well. Fold in the apples and raisins. Spoon into the prepared baking dish, and spread evenly.
- Bake for 45 minutes in the preheated oven, until nicely browned and apples are tender.

Nutrition Facts



Properties

Glycemic Index:20.74, Glycemic Load:14.21, Inflammation Score:-1, Nutrition Score:3.7347826387571%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 185.02kcal (9.25%), Fat: 8.56g (13.17%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 24.72g (8.99%), Sugar: 17.27g (19.19%), Cholesterol: 61.38mg (20.46%), Sodium: 171.91mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.97%), Vitamin K: 13.66µg (13.01%), Selenium: 5.39µg (7.7%), Fiber: 1.86g (7.42%), Vitamin B2: 0.11mg (6.33%), Vitamin E: 0.82mg (5.46%), Manganese: 0.09mg (4.63%), Phosphorus: 45.08mg (4.51%), Potassium: 148.14mg (4.23%), Iron: 0.62mg (3.46%), Vitamin B6: 0.06mg (3.24%), Vitamin C: 2.59mg (3.14%), Vitamin B5: 0.29mg (2.88%), Copper: 0.05mg (2.68%), Vitamin B12: 0.15µg (2.45%), Folate: 9.49µg (2.37%), Vitamin A: 114.41IU (2.29%), Vitamin D: 0.33µg (2.2%), Magnesium: 7.25mg (1.81%), Vitamin B1: 0.03mg (1.76%), Calcium: 17.29mg (1.73%), Zinc: 0.26mg (1.71%)