



## Apple-Matzoh Kugel

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 large baking apples are apples that have a sweet-tart balance and hold their shape when or any tart apple, cored and cut into medium dice
- 4 tablespoons butter for casserole topping cut into small pieces,
- 1 cup apricot dried chopped
- 8 eggs
- 1 cup golden raisins
- 1 teaspoon ground cinnamon
- 0.5 cup brown sugar light
- 0.3 cup orange juice

- 1 teaspoon salt
- 1.5 cups sugar

## Equipment

- bowl
- frying pan
- oven
- whisk
- casserole dish
- aluminum foil

## Directions

- Preheat the oven to 350°F.
- Toss the apples with the brown sugar and orange juice, set aside in a medium bowl.
- Break the matzoh into 2- to 3-inch pieces and soak in 1 cup of warm water until soft but not mushy. Set aside.
- While the matzoh soaks, beat the eggs with a wire whisk in a large bowl until blended.
- Add the salt, sugar, cinnamon, melted butter, raisins, and apricots.
- Squeeze the liquid from the softened matzoh and add the matzoh to the egg mixture with the apples. Stir the kugel well and pour into a lightly greased 2 1/2-quart casserole dish or a 10x14-inch pan. Dot the top of the kugel with the 4 tablespoons of butter.
- Bake the kugel for 1 hour. Cover the top with foil if the top begins to become too brown early in the baking.
- Remove the kugel from the oven and cool to room temperature.
- The kugel can be made 2 days ahead, cooled, and refrigerated, covered. Bring to room temperature and reheat in a 350°F oven.

## Nutrition Facts



PROTEIN 5.83%  FAT 18.94%  CARBS 75.23%

## Properties

Glycemic Index:20.76, Glycemic Load:27.61, Inflammation Score:-5, Nutrition Score:6.6430434455042%

## 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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

## Nutrients (% of daily need)

Calories: 310.57kcal (15.53%), Fat: 6.88g (10.58%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 61.47g (20.49%), Net Carbohydrates: 58.31g (21.2%), Sugar: 55.06g (61.17%), Cholesterol: 109.12mg (36.37%), Sodium: 285.61mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Vitamin A: 766.72IU (15.33%), Selenium: 9.6µg (13.71%), Fiber: 3.16g (12.63%), Vitamin B2: 0.19mg (11.33%), Potassium: 361.57mg (10.33%), Phosphorus: 90.27mg (9.03%), Vitamin C: 6.51mg (7.89%), Vitamin E: 1.08mg (7.17%), Vitamin B6: 0.14mg (7.07%), Iron: 1.21mg (6.72%), Manganese: 0.13mg (6.71%), Copper: 0.13mg (6.56%), Vitamin B5: 0.59mg (5.94%), Folate: 19.16µg (4.79%), Calcium: 44.87mg (4.49%), Vitamin B12: 0.27µg (4.43%), Magnesium: 16.57mg (4.14%), Vitamin D: 0.59µg (3.91%), Zinc: 0.5mg (3.34%), Vitamin B3: 0.54mg (2.71%), Vitamin K: 2.54µg (2.42%), Vitamin B1: 0.03mg (2.14%)