



Grilled Matzo Brisket Wraps



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

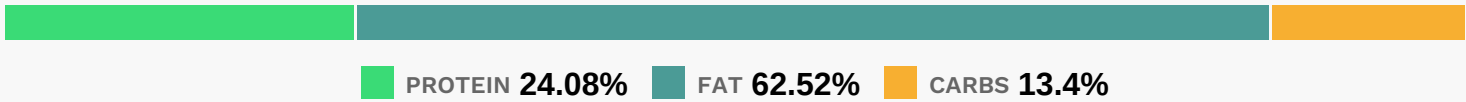
- ☐ 1 medium avocado
- ☐ 0.5 lb brisket shredded leftover cooked
- ☐ 0.1 tsp pepper black freshly ground
- ☐ 0.3 tsp coarse salt plus more for sprinkling on matzo
- ☐ 1 tbsp juice of lemon freshly squeezed
- ☐ 4 sheets matzo
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion leftover cooked

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Grilled Matzo Brisket Wraps
- ☐ Ingredients4 sheets of matzo*1 medium avocado1 tbsp freshly squeezed lemon juice1/4 tsp coarse salt, plus more for sprinkling on matzo1/8 tsp freshly ground black pepper1 tbsp extra-virgin olive oil1/2 lb leftover cooked brisket, shredded1/2 cup leftover cooked onions**
- ☐ Total Time: 20 Minutes
- ☐ Servings: 4 wraps
- ☐ Kosher Key: Meat, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:10.41826084904%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 212.16kcal (10.61%), Fat: 15.11g (23.25%), Saturated Fat: 3.03g (18.97%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 3.53g (1.28%), Sugar: 1.28g (1.42%), Cholesterol: 35.15mg (11.72%), Sodium: 194.57mg (8.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.19%), Vitamin B12: 1.38µg (22.96%), Vitamin B6:

0.39mg (19.72%), Zinc: 2.81mg (18.73%), Vitamin B3: 3.17mg (15.87%), Fiber: 3.76g (15.06%), Phosphorus: 147.18mg (14.72%), Selenium: 9.98µg (14.25%), Potassium: 465.9mg (13.31%), Vitamin K: 13.58µg (12.94%), Folate: 49.4µg (12.35%), Vitamin E: 1.74mg (11.58%), Vitamin B2: 0.17mg (10.04%), Vitamin C: 7.96mg (9.64%), Vitamin B5: 0.93mg (9.31%), Iron: 1.47mg (8.16%), Magnesium: 30.2mg (7.55%), Copper: 0.15mg (7.54%), Vitamin B1: 0.1mg (6.96%), Manganese: 0.12mg (6.02%), Vitamin A: 74.33IU (1.49%), Calcium: 14.22mg (1.42%)