



WHATSheATE



Herbed Passover Rolls



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



175 kcal

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 4 large eggs
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh finely chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 cups matzo meal
- ☐ 1 tablespoon sugar
- ☐ 1.3 cups water

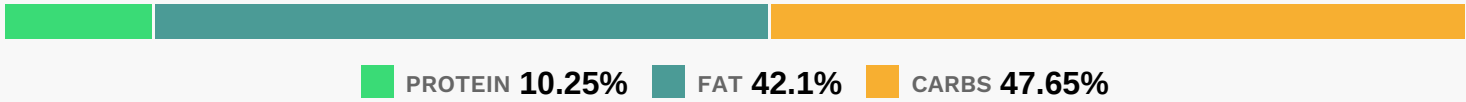
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ stand mixer

Directions

- ☐ Preheat oven to 37
- ☐ Cover a large, heavy baking sheet with parchment paper.
- ☐ Combine first 4 ingredients in a medium saucepan over medium-high heat; bring to a boil. Reduce heat to low; add matzo meal, stirring well with a wooden spoon until mixture pulls away from sides of pan (about 30 seconds).
- ☐ Remove from heat; place dough in bowl of a stand mixer. Cool slightly.
- ☐ Add eggs, 1 at a time, beating at low speed with paddle attachment until well combined and scraping sides and bottom of bowl after each egg. Stir in chives and thyme.
- ☐ With moistened fingers, shape about 1/4 cupfuls of dough into 12 mounds 2 inches apart onto prepared pan.
- ☐ Bake at 375 for 55 minutes or until browned and crisp. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.34, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:4.4369565689045%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 175.27kcal (8.76%), Fat: 8.14g (12.53%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 19.99g (7.27%), Sugar: 1.13g (1.26%), Cholesterol: 62mg (20.67%), Sodium: 218.74mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Selenium: 13.74µg (19.62%), Vitamin B2: 0.15mg (8.59%), Vitamin E: 1.28mg (8.52%), Manganese: 0.16mg (8.18%), Vitamin B1: 0.1mg (6.49%), Iron: 1.09mg (6.07%), Phosphorus: 54.26mg (5.43%), Vitamin K: 5.09µg (4.85%), Vitamin B3: 0.93mg (4.64%), Vitamin B5: 0.36mg (3.61%), Folate: 12.21µg (3.05%), Fiber: 0.75g (3.01%), Vitamin B6: 0.06mg (2.83%), Zinc: 0.38mg (2.56%), Vitamin B12: 0.15µg (2.47%), Vitamin A: 116.72IU (2.33%), Vitamin D: 0.33µg (2.22%), Magnesium: 8.72mg (2.18%), Copper: 0.03mg (1.62%), Calcium: 14.82mg (1.48%), Potassium: 51.96mg (1.48%)