



WHATSheATE



HEALTH SCORE

55%

## Homemade Matzos



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



1

CALORIES



1888 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



2.8 cups flour divided



0.5 teaspoon kosher salt



0.3 cup olive oil



0.5 tsp sea salt fine

### Equipment



food processor



baking sheet



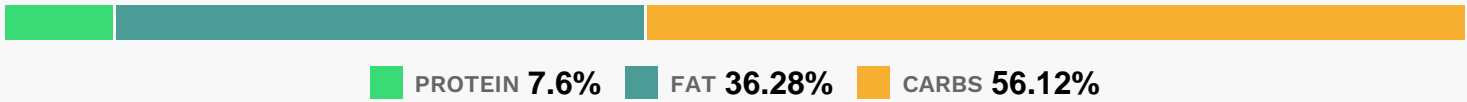
oven

- ☐ wire rack
- ☐ spatula
- ☐ rolling pin
- ☐ pizza stone

## Directions

- ☐ Set a pizza stone on an oven rack and heat oven to 500 for about 45 minutes (if you don't have a pizza stone, set a large baking sheet on a rack and heat until oven is hot).
- ☐ Put 2 1/4 cups flour, kosher salt, and oil in a food processor. With motor running, slowly add 1/2 cup water. Dough will come together into a ball and should feel soft and supple; if it is sticky at all, add more flour, 1 tbsp. at a time.
- ☐ Divide dough into 12 portions. Using a floured rolling pin, roll 1 portion at a time on a well-floured work surface into a round about 8 in. wide and just thin enough to see through. Lightly sprinkle with sea salt and press it in with your hands. Prick dough all over with a fork (this will prevent the dough from puffing up too much).
- ☐ Flour a wooden peel or back of a baking sheet generously and transfer dough to it. Gently slide dough onto hot pizza stone.
- ☐ Bake until matzo is light golden and crisp on each side and a bit darker at the edges, turning once with a wide spatula, 2 to 3 minutes total.
- ☐ Transfer matzo to a cooling rack and make remaining matzos the same way.
- ☐ Rebake any matzo that isn't crisp in the center, which may be the case if they baked on a baking sheet; put matzos on a rimmed baking sheet, reduce oven heat to 250, and bake 15 to 25 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:75, Glycemic Load:189.78, Inflammation Score:-9, Nutrition Score:42.445217360621%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 1887.73kcal (94.39%), Fat: 75.37g (115.95%), Saturated Fat: 10.47g (65.43%), Carbohydrates: 262.32g (87.44%), Net Carbohydrates: 253.03g (92.01%), Sugar: 0.93g (1.03%), Cholesterol: 0mg (0%), Sodium: 2333.79mg (101.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.51g (71.02%), Vitamin B1: 2.7mg (179.9%), Selenium: 116.54µg (166.48%), Folate: 629.06µg (157.27%), Manganese: 2.35mg (117.52%), Vitamin B3: 20.3mg (101.47%), Vitamin B2: 1.7mg (99.89%), Iron: 16.37mg (90.96%), Vitamin E: 10.57mg (70.5%), Vitamin K: 44.38µg (42.26%), Phosphorus: 371.25mg (37.13%), Fiber: 9.28g (37.13%), Copper: 0.5mg (24.84%), Magnesium: 75.68mg (18.92%), Zinc: 2.41mg (16.08%), Vitamin B5: 1.51mg (15.06%), Potassium: 369.01mg (10.54%), Vitamin B6: 0.15mg (7.56%), Calcium: 53.72mg (5.37%)