

Mandelbrot

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup almonds toasted coarsely chopped
- 0.8 teaspoon baking soda
- 1 large egg white
- 2 large eggs
- 2 teaspoons kosher for passover vanilla extract
- 1.8 cups matzo meal
- 1 tablespoon olive oil
- 0.3 teaspoon salt

Glycemic Index:3.34, Glycemic Load:4.4, Inflammation Score:-1, Nutrition Score:2.6934782473937%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 100.17kcal (5.01%), Fat: 3.13g (4.81%), Saturated Fat: 0.38g (2.41%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 14.91g (5.42%), Sugar: 6.51g (7.23%), Cholesterol: 15.5mg (5.17%), Sodium: 66.77mg (2.9%), Alcohol: 0.11g (100%), Alcohol %: 0.54% (100%), Protein: 2.54g (5.08%), Manganese: 0.16mg (7.98%), Selenium: 5.52µg (7.89%), Vitamin E: 1.15mg (7.67%), Vitamin B2: 0.1mg (5.97%), Phosphorus: 36.67mg (3.67%), Magnesium: 13.97mg (3.49%), Vitamin B1: 0.05mg (3.29%), Fiber: 0.8g (3.21%), Iron: 0.55mg (3.06%), Vitamin B3: 0.55mg (2.73%), Copper: 0.05mg (2.55%), Zinc: 0.25mg (1.66%), Calcium: 14.56mg (1.46%), Potassium: 49.17mg (1.4%), Folate: 5.5µg (1.37%), Vitamin B5: 0.13mg (1.3%), Vitamin B6: 0.02mg (1.22%)