



Mary Goldberg's Passover Mandel Bread



Dairy Free



Popular

READY IN



45 min.

SERVINGS



20

CALORIES



122 kcal

Ingredients

- ☐ 1 tsp cinnamon
- ☐ 3 eggs
- ☐ 2 tbsp juice of lemon
- ☐ 0.5 tsp lemon zest
- ☐ 0.3 cup matzo meal
- ☐ 1 cup matzo meal
- ☐ 0.8 cup walnuts chopped (I used walnuts)
- ☐ 2 tbsp potato flour
- ☐ 0.5 tsp salt

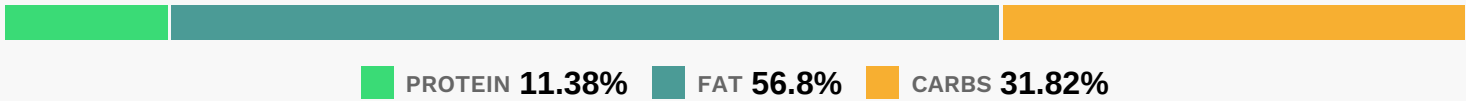
- ☐ 1 cup slivered almonds
- ☐ 0.8 cup vegetable oil (I used canola)

Equipment

Directions

- ☐ Save Recipe
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- ☐ Mary Goldberg's Passover Mandel Bread
- ☐ Ingredients3 eggs3/4 cup vegetable oil (I used canola)3/4 cup + 1/4 cup sugar2 tbsp lemon juice1/2 tsp lemon zest1 tsp cinnamon1/2 tsp salt1 cup matzo cake meal1/4 cup matzo meal2 tbsp potato starch1 cup slivered almonds3/4 cup chopped nuts (I used walnuts)
- ☐ Servings: 20
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:4.4913043664849%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 121.94kcal (6.1%), Fat: 7.95g (12.23%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 8.66g (3.15%), Sugar: 0.47g (0.52%), Cholesterol: 24.55mg (8.18%), Sodium: 68.12mg (2.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Manganese: 0.36mg (17.87%), Vitamin E: 1.63mg

(10.86%), Selenium: 5.71µg (8.15%), Vitamin B2: 0.12mg (7.32%), Copper: 0.14mg (6.89%), Phosphorus: 63.56mg (6.36%), Magnesium: 25.19mg (6.3%), Fiber: 1.36g (5.43%), Vitamin B1: 0.06mg (4.32%), Iron: 0.74mg (4.13%), Vitamin B3: 0.62mg (3.11%), Vitamin K: 3.21µg (3.06%), Zinc: 0.46mg (3.04%), Vitamin B6: 0.06mg (2.97%), Folate: 11.78µg (2.94%), Calcium: 25.67mg (2.57%), Potassium: 88.04mg (2.52%), Vitamin B5: 0.2mg (1.97%)