

# Matza Brie

 Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



163 kcal

SIDE DISH

## Ingredients

- 4 eggs
- 0.5 teaspoon kosher salt
- 4 matzo unsalted
- 1 Dash pepper black freshly ground
- 1 tablespoon vegetable oil

## Equipment

- bowl
- frying pan

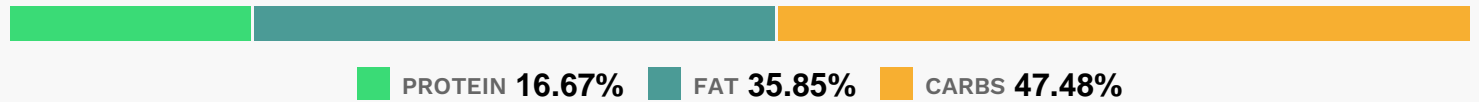
sauce pan

colander

## Directions

- Bring a medium saucepan of water to a boil over high heat. Meanwhile, break the matzoth into 2-inch pieces and place in a colander in the sink. When the water is ready, brie, or scald, the matzoh by pouring the water over them.
- Place the eggs in a large bowl, season with the salt and pepper, and beat until broken up.
- Add the scalded matzoth and stir to evenly combine.
- Heat the butter or oil in a large non-stick frying pan over low heat until hot, about 3 minutes.
- Pour in the egg mixture and cook undisturbed until golden brown on one side, about 5 minutes. To flip, place a large plate over the matza brie and invert onto the plate. Slide back into the pan and cook until browned on the other side, about 3 minutes more.
- Serve hot, on a hot platter, as a large family-size pancake, with sugar that has been mixed with a dash of cinnamon, or with honey, if desired.

## Nutrition Facts



## Properties

Glycemic Index:6.4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.65652174535%

## Nutrients (% of daily need)

Calories: 162.91kcal (8.15%), Fat: 6.38g (9.82%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 18.34g (6.67%), Sugar: 0.2g (0.22%), Cholesterol: 130.94mg (43.65%), Sodium: 282.54mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.35%), Selenium: 19.07µg (27.25%), Vitamin B2: 0.23mg (13.3%), Phosphorus: 89.66mg (8.97%), Manganese: 0.16mg (7.93%), Iron: 1.33mg (7.38%), Vitamin B1: 0.1mg (6.72%), Vitamin B5: 0.64mg (6.39%), Vitamin B12: 0.31µg (5.22%), Folate: 20.36µg (5.09%), Vitamin K: 5.21µg (4.96%), Vitamin D: 0.7µg (4.69%), Vitamin B3: 0.9mg (4.49%), Vitamin B6: 0.09mg (4.28%), Zinc: 0.61mg (4.05%), Vitamin E: 0.61mg (4.04%), Vitamin A: 190.19IU (3.8%), Fiber: 0.68g (2.71%), Magnesium: 9.86mg (2.47%), Calcium: 22.86mg (2.29%), Potassium: 73.98mg (2.11%), Copper: 0.04mg (1.96%)