



Matzo Brei

 Popular

READY IN



5 min.

SERVINGS



1

CALORIES



241 kcal

SIDE DISH

Ingredients

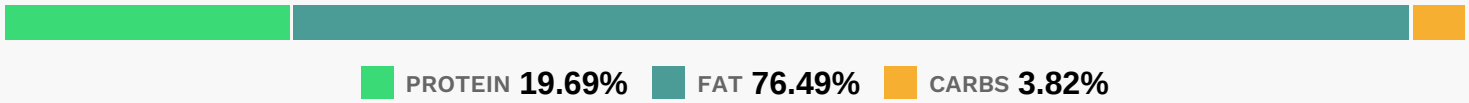
- ☐ 1 can apple sauce diced sour grated
- ☐ 1 tbsp butter
- ☐ 2 eggs
- ☐ 1 sheet matzo
- ☐ 1 tbsp milk
- ☐ 1 serving salt and pepper

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Matzo Brei
- ☐ Ingredients2 eggs1 sheet matzo1 tbsp milk (optional)1 tbsp butter
- ☐ Salt and pepper
- ☐ Optional Extras
- ☐ Applesauce, sour cream, sugar, cinnamon, apples, nuts... you can even get creative and add grated cheese or diced veggies.
- ☐ Total Time: 5 Minutes
- ☐ Servings: 1
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:9.2191305851321%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 241.02kcal (12.05%), Fat: 20.38g (31.35%), Saturated Fat: 10.33g (64.59%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.15g (1.28%), Cholesterol: 359.69mg (119.9%), Sodium: 415.78mg (18.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.6%), Selenium: 27.82µg (39.74%), Vitamin B2: 0.43mg (25.35%), Phosphorus: 193.74mg (19.37%), Vitamin A: 854.65IU (17.09%), Vitamin B12: 0.89µg (14.81%), Vitamin B5: 1.43mg (14.25%), Vitamin D: 1.92µg (12.83%), Folate: 41.99µg (10.5%), Iron: 1.58mg (8.77%), Vitamin E: 1.26mg (8.42%), Zinc: 1.22mg (8.11%), Vitamin B6: 0.16mg (8.03%), Calcium: 71.43mg (7.14%), Potassium: 149.25mg (4.26%), Magnesium: 12.93mg (3.23%), Vitamin B1: 0.05mg (3.23%), Copper: 0.06mg (3.23%), Manganese: 0.03mg (1.62%), Vitamin K: 1.31µg (1.25%)