



Matzo Brei

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 2 large eggs
- ☐ 2 sheets matzo
- ☐ 2 servings bell pepper
- ☐ 2 servings salt
- ☐ 2 tablespoons vegetable oil

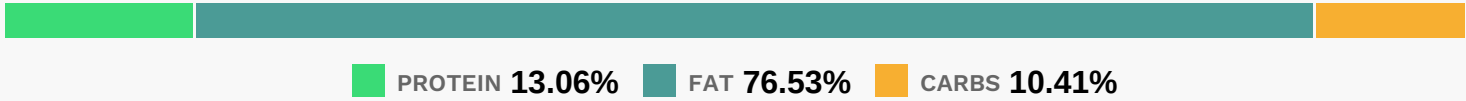
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Break 2 sheets ofmatzo into 1/2" pieces;place in a mediumbowl. Cover withvery hot tap water.
- ☐ Let stand for about30 seconds, thendrain. Beat 2 largeeggs in anothermedium bowl;season with salt andpepper.
- ☐ Add drainedmatzo; mix untilcombined and a wetbatter forms.
- ☐ Heat2 tablespoons vegetableoil in a large skilletover medium–highheat. Spoon scant1/4–cupfuls of batterinto skillet, making4 pancakes. Fry, turningonce, until goldenand just cookedthrough, about 1 minuteper side.
- ☐ Servewith jam, syrup,or whatever the hellyou'd like. These rock.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:15.318695628125%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 215.04kcal (10.75%), Fat: 18.59g (28.6%), Saturated Fat: 3.69g (23.03%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.32g (3.69%), Cholesterol: 186mg (62%), Sodium: 267.77mg (11.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.28%), Vitamin C: 95.36mg (115.59%), Vitamin A: 2602.59IU (52.05%), Vitamin K: 28.81µg (27.44%), Selenium: 15.79µg (22.56%), Vitamin E: 2.82mg (18.77%), Vitamin B2: 0.29mg (17.34%), Vitamin B6: 0.3mg (15.15%), Folate: 57.94µg (14.48%), Phosphorus: 119.26mg (11.93%), Vitamin B5: 1.01mg (10.07%), Vitamin B12: 0.44µg (7.42%), Iron: 1.23mg (6.84%), Vitamin D: 1µg (6.67%), Potassium: 227.35mg (6.5%), Fiber: 1.59g (6.38%), Zinc: 0.84mg (5.59%), Manganese: 0.1mg (5.22%), Vitamin B1: 0.06mg (4.27%), Vitamin B3: 0.81mg (4.03%), Magnesium: 15.19mg (3.8%), Calcium: 33.47mg (3.35%), Copper: 0.05mg (2.47%)