



## Matzo Brei

 Popular

READY IN



10 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

### Ingredients

- ☐ 4 Tbsp vegetable oil divided
- ☐ 1 medium onion sliced
- ☐ 1 pinch sugar
- ☐ 4 large eggs
- ☐ 4 sheets matzo
- ☐ 4 servings salt and pepper black
- ☐ 4 servings chives for garnish
- ☐ 1 cup milk

- ☐ 1 pinch salt
- ☐ 0.5 teaspoon orange-flower water
- ☐ 4 sheets matzo
- ☐ 2 Tbsp butter unsalted
- ☐ 4 servings apple sauce for garnish

## Equipment

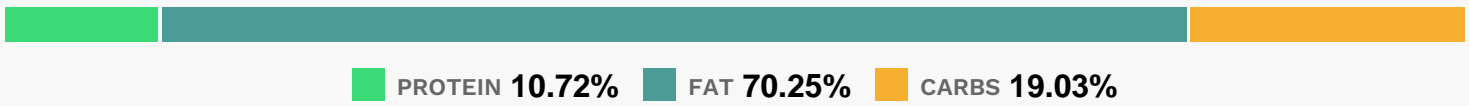
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Savory Matzo Brei
- ☐ Caramelize the onions: For the savory matzo brei, you will need to caramelize the onions first.
- ☐ Heat 2 tablespoons of the chicken fat or oil in a sauté pan and gently cook the onions until soft and caramelized.
- ☐ Let them cook at medium heat for a few minutes, then sprinkle a little salt and a little sugar over them. Cover the pan and turn the heat to low. Stir occasionally. This should take 15–20 minutes.
- ☐ Remove from the pan and set aside. Wipe out the pan with a paper towel.
- ☐ Soften the matzo: Soften the matzo a little by running them under cold water for a minute or so. The longer you wet them down, the softer they will be; it's your choice.
- ☐ Break up matzo and stir with beaten eggs and caramelized onions: Beat the eggs with a little salt and black pepper in a large bowl. Break the matzo up into pieces of about 1/2 to 1 inch into the bowl with the eggs. Stir in the caramelized onions and mix well.
- ☐ Heat the remaining 2 tablespoons of chicken fat in the sauté pan over medium-high heat.
- ☐ Let this heat up for a minute or two, then pour in the matzo-egg mixture. Cook this, moving it around constantly, until the eggs are just barely set — you want them to be a little bit runny. This should take about 90 seconds or so.
- ☐ Serve immediately, garnished with parsley or chives.
- ☐ Sweet Matzo Brei

- ☐ Beat the eggs, 2 tablespoons milk, the salt, sugar and orange flower water (if using) in a large bowl.
- ☐ Crush matzo and soak in milk: In another bowl, crush the matzo into 1/2 to 1inch pieces.
- ☐ Add the cup of milk and mix well.
- ☐ Let this stand at least 30 seconds — the longer the matzo sits in the milk, the softer it will become. I like to let it stand 2 minutes.
- ☐ Mix soaked matzo with eggs: When you're ready, move the soaked matzo from the milk bowl into the bowl with the eggs.
- ☐ Mix well to combine.
- ☐ Heat the butter in a large sauté pan over medium-high heat.
- ☐ Let it heat up for a minute or two before adding the matzo-egg mixture. Cook, stirring constantly, until the eggs are just barely set, about 90 seconds.
- ☐ Serve garnished with cinnamon sugar, apple sauce or something else sweet; jams and preserves are a good choice.

## Nutrition Facts



## Properties

Glycemic Index:41.77, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:12.739130274109%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 331.65kcal (16.58%), Fat: 26.15g (40.24%), Saturated Fat: 8.44g (52.76%), Carbohydrates: 15.94g (5.31%), Net Carbohydrates: 15.28g (5.56%), Sugar: 12.4g (13.78%), Cholesterol: 208.59mg (69.53%), Sodium: 301.94mg (13.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Vitamin K: 91.56µg (87.2%), Selenium: 17.51µg (25.01%), Vitamin B2: 0.33mg (19.64%), Vitamin A: 883.76IU (17.68%), Phosphorus: 174.39mg (17.44%), Vitamin B12: 0.79µg (13.11%), Vitamin E: 1.87mg (12.46%), Vitamin D: 1.78µg (11.85%), Calcium: 117.05mg (11.7%), Vitamin B5: 1.06mg (10.61%), Vitamin C: 7.36mg (8.92%), Folate: 35.36µg (8.84%), Vitamin B6: 0.16mg (8.07%), Iron:

1.25mg (6.97%), Zinc: 1.01mg (6.71%), Potassium: 226.96mg (6.48%), Vitamin B1: 0.08mg (5.22%), Magnesium: 18.72mg (4.68%), Manganese: 0.07mg (3.62%), Copper: 0.06mg (2.82%), Fiber: 0.66g (2.64%), Vitamin B3: 0.27mg (1.33%)