



Matzo Brei With Pear And Dried Sour Cherries



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cherries dried
- ☐ 0.3 teaspoon cinnamon
- ☐ 4 large eggs
- ☐ 3 tablespoons cup heavy whipping cream
- ☐ 1 pears diced peeled
- ☐ 0.3 cup ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

☐ 0.3 cup vegetable oil

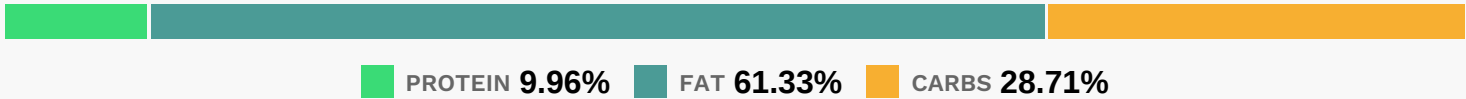
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Break matzos into 2-3 inch pieces.
- ☐ Place matzos in a bowl, and cover with water.
- ☐ Place a plate on surface to keep matzos submerged.
- ☐ Let stand for 5 minutes, and drain. Return to bowl.
- ☐ Whisk eggs and salt together in a small bowl.
- ☐ Add the sugar, ricotta and cream and mix well to combine.
- ☐ Add pear, cherries, cinnamon and 1/2 cup oil, and mix well to combine.
- ☐ Add to mazto and genlty stir until combined.
- ☐ Heat remaining 2 tablespoons oil in a large skillet over medium-high heat.
- ☐ Spread matzo mixture evenly in skillet, pressing firmly into pan. Cook, undisturbed, for 5 minutes. Carefully flip with a spatula, 1 piece at a time. (The mixture will break into 3 or 4 pieces.) Cook until golden brown, about 5 minutes. Spoon onto serving plates.
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:40.21, Glycemic Load:14.14, Inflammation Score:-3, Nutrition Score:8.6621739786604%

Flavonoids

Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 363.24kcal (18.16%), Fat: 25.26g (38.87%), Saturated Fat: 7.96g (49.75%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 24.93g (9.06%), Sugar: 23.02g (25.57%), Cholesterol: 209.25mg (69.75%), Sodium: 382.71mg (16.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.47%), Selenium: 18.83µg (26.9%), Vitamin K: 28.03µg (26.7%), Vitamin B2: 0.31mg (18.15%), Phosphorus: 146.01mg (14.6%), Vitamin E: 1.83mg (12.2%), Vitamin A: 546.2IU (10.92%), Vitamin B12: 0.53µg (8.89%), Vitamin B5: 0.88mg (8.84%), Calcium: 85.3mg (8.53%), Vitamin D: 1.22µg (8.14%), Folate: 30.01µg (7.5%), Fiber: 1.69g (6.75%), Zinc: 0.97mg (6.46%), Iron: 1.11mg (6.17%), Vitamin B6: 0.12mg (5.83%), Potassium: 179.47mg (5.13%), Copper: 0.09mg (4.34%), Manganese: 0.07mg (3.4%), Magnesium: 13.52mg (3.38%), Vitamin C: 2.79mg (3.38%), Vitamin B1: 0.03mg (2.23%)