



Matzo Brei with Roasted Cherries

READY IN



30 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

Ingredients

- 3 large eggs
- 0.3 cup granulated sugar
- 0.5 teaspoon kosher salt
- 1 pieces sheets matzo unsalted (6-1/2-by-6-inch)
- 2 tablespoons orange juice freshly squeezed
- 0.5 teaspoon orange zest finely grated
- 7 ounces cherries fresh sweet thawed pitted halved
- 5 tablespoons butter unsalted
- 0.5 teaspoon vanilla extract

- 1 cup water hot

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- spatula
- cutting board

Directions

- Heat the oven to 425°F and arrange a rack in the middle. Stir all of the ingredients together in a 9-inch pie plate and spread the cherries into a single layer. Roast, stirring occasionally, until the cherries are softened, juicy, and bubbling, about 20 minutes.
- Place the matzo pieces in a 13-by-9-inch baking dish and spread them into an even layer.
- Add the water and gently stir until the pieces are evenly moistened.
- Let sit until the water has been absorbed, about 1 to 2 minutes.
- Whisk the eggs and salt in a medium bowl until the eggs are broken up.
- Pour the egg mixture over the softened matzo and stir to combine. Melt the butter in a large nonstick frying pan over medium heat until foaming.
- Add the matzo mixture and, using a rubber spatula, press it into an even layer. Cook undisturbed until the bottom is golden brown and the mixture is set, about 5 to 7 minutes. To flip, slide the brei onto a large plate.
- Place a second large plate upside down over the brei and invert it onto the second plate. Slide the brei back into the pan and reshape it if necessary with the rubber spatula. Cook until the second side is golden brown, about 7 to 8 minutes more. Slide the matzo brei onto a cutting board and slice it into wedges.
- Transfer the roasted cherries and their juices to a serving bowl.
- Serve the matzo brei warm, passing the roasted cherries, and cinnamon and sugar (if using), on the side.

Nutrition Facts

PROTEIN 8.11% FAT 59.56% CARBS 32.33%

Properties

Glycemic Index:24.02, Glycemic Load:7.13, Inflammation Score:-3, Nutrition Score:3.8782608509064%

Flavonoids

Cyanidin: 9.99mg, Cyanidin: 9.99mg, Cyanidin: 9.99mg, Cyanidin: 9.99mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 176.65kcal (8.83%), Fat: 11.95g (18.38%), Saturated Fat: 6.79g (42.44%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 13.86g (5.04%), Sugar: 13.17g (14.63%), Cholesterol: 118.08mg (39.36%), Sodium: 232.72mg (10.12%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 3.66g (7.32%), Selenium: 7.91µg (11.3%), Vitamin A: 459.75IU (9.2%), Vitamin B2: 0.13mg (7.85%), Vitamin C: 5.38mg (6.52%), Phosphorus: 60.41mg (6.04%), Vitamin B5: 0.47mg (4.74%), Vitamin D: 0.68µg (4.5%), Vitamin B12: 0.24µg (4.04%), Folate: 15.2µg (3.8%), Vitamin E: 0.56mg (3.73%), Potassium: 123.3mg (3.52%), Iron: 0.58mg (3.24%), Vitamin B6: 0.06mg (3.09%), Fiber: 0.73g (2.91%), Copper: 0.05mg (2.49%), Zinc: 0.37mg (2.44%), Calcium: 23.44mg (2.34%), Magnesium: 8.01mg (2%), Manganese: 0.03mg (1.7%), Vitamin B1: 0.03mg (1.7%), Vitamin K: 1.59µg (1.52%)