



Matzo Farfel Pudding

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



527 kcal

Ingredients

- ☐ 4 ounce mushrooms sliced canned drained
- ☐ 1 cup celery diced (3 ribs)
- ☐ 1 cup condensed chicken soup canned
- ☐ 2 large eggs slightly beaten
- ☐ 1 teaspoon kosher salt
- ☐ 3.5 cups matzo farfel
- ☐ 1 medium onion minced
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon pepper freshly ground

☐ 0.3 cup vegetable oil

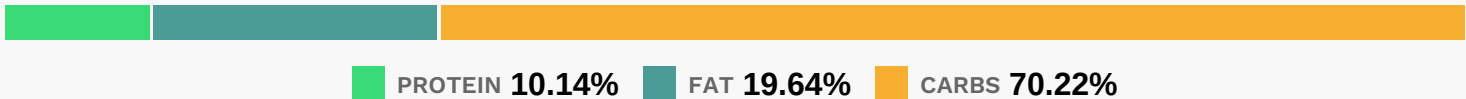
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Heat oil in a large skillet over medium-high heat. Saut onion and celery 11 minutes or until tender.
- ☐ Let cool slightly. Stir in mushrooms and matzo farfel.
- ☐ Mix chicken soup and next 4 ingredients in a medium bowl.
- ☐ Add to matzo mixture, and blend thoroughly. Stir in 2 cups hot water.
- ☐ Pour into a greased 11- x 7-inch baking dish, and bake at 375 for 35 to 40 minutes or until browned and set.
- ☐ *Substitute 1 cup sliced fresh mushrooms, if desired. Saut with onion and celery.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:1.32, Inflammation Score:-4, Nutrition Score:14.009565301563%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 526.97kcal (26.35%), Fat: 11.38g (17.51%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 91.54g (30.51%), Net Carbohydrates: 87.55g (31.84%), Sugar: 1.63g (1.81%), Cholesterol: 49.02mg (16.34%), Sodium: 600.64mg (26.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.44%), Selenium: 43.35µg (61.93%), Manganese: 0.75mg (37.67%), Vitamin B1: 0.43mg (28.77%), Vitamin B2: 0.39mg (22.93%), Iron: 4.05mg (22.51%), Vitamin B3: 4.47mg (22.34%), Vitamin K: 18.22µg (17.36%), Fiber: 3.98g (15.94%), Phosphorus: 143.89mg (14.39%), Vitamin B6: 0.18mg (9.02%), Vitamin B5: 0.88mg (8.81%), Magnesium: 34.09mg (8.52%), Folate: 33.09µg (8.27%), Copper: 0.16mg (7.87%), Zinc: 1.11mg (7.4%), Vitamin E: 1.03mg (6.88%), Potassium: 226.39mg (6.47%), Vitamin A: 305.27IU (6.11%), Calcium: 35.67mg (3.57%), Vitamin D: 0.28µg (1.86%), Vitamin B12: 0.11µg (1.85%), Vitamin C: 1.44mg (1.75%)