

Matzo Granola with Apricots and Pistachios

READY IN



50 min.

SERVINGS



5

CALORIES



377 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup apricot dried
- 0.3 cup golden raisins
- 1 tablespoon ground cinnamon
- 2 teaspoons ground ginger
- 0.3 cup honey
- 0.5 teaspoon kosher salt
- 3 tablespoons maple syrup
- 1 pieces sheets matzo unsalted crumbled (6-1/2-by-6-inch)
- 1 cup pistachios raw shelled coarsely chopped

4 tablespoons butter unsalted melted ()

Equipment

bowl

baking sheet

oven

whisk

Directions

Heat the oven to 350°F and arrange a rack in the middle.

Whisk the butter, honey, maple syrup, cinnamon, ginger, and salt in a large bowl until smooth.

Add the matzo pieces or matzo farfel and mix until thoroughly coated.

Transfer the mixture to a rimmed baking sheet and spread it into a thin, even layer.

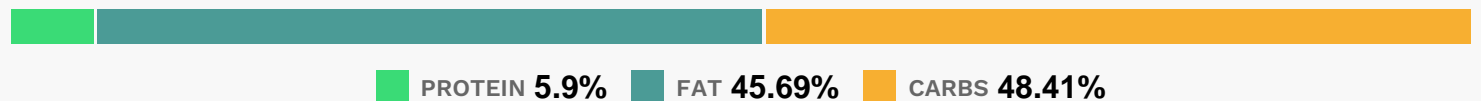
Bake for 10 minutes, stirring halfway through the baking time.

Add the pistachios, stir to combine, and bake, stirring halfway through the baking time, until the matzo is starting to crisp and the pistachios are toasted, about 10 to 12 minutes more.

Transfer the granola to a large heatproof bowl, add the apricots and raisins, and stir to combine.

Let cool completely. (The granola will crisp up as it cools.) Store in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:40.37, Glycemic Load:19.18, Inflammation Score:-6, Nutrition Score:11.009565267874%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg,

Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 377.16kcal (18.86%), Fat: 20.4g (31.38%), Saturated Fat: 7.16g (44.77%), Carbohydrates: 48.62g (16.21%), Net Carbohydrates: 44.06g (16.02%), Sugar: 38.05g (42.28%), Cholesterol: 24.08mg (8.03%), Sodium: 238.41mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.85%), Manganese: 1.19mg (59.38%), Vitamin B6: 0.48mg (23.77%), Copper: 0.4mg (20.21%), Fiber: 4.57g (18.27%), Vitamin B1: 0.23mg (15.07%), Phosphorus: 143.95mg (14.39%), Vitamin A: 699.28IU (13.99%), Potassium: 483.96mg (13.83%), Vitamin B2: 0.23mg (13.63%), Magnesium: 41.85mg (10.46%), Iron: 1.78mg (9.88%), Vitamin E: 1.25mg (8.33%), Calcium: 69.96mg (7%), Zinc: 0.81mg (5.4%), Selenium: 2.84µg (4.06%), Vitamin B3: 0.8mg (4.01%), Folate: 14.72µg (3.68%), Vitamin C: 1.95mg (2.37%), Vitamin B5: 0.22mg (2.24%), Vitamin K: 1.9µg (1.81%), Vitamin D: 0.17µg (1.12%)