



Matzo, Mushroom, and Onion Kugel

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.7 cup carrots grated
- 4 large egg whites
- 2 large eggs
- 2.5 cups less-sodium chicken broth fat-free
- 2 tablespoons parsley fresh chopped
- 3 garlic cloves minced
- 0.5 teaspoon garlic powder

- 6 inch matzo crackers
- 16 ounce pre mushrooms
- 3 cups onion diced
- 1 teaspoon paprika
- 1 teaspoon salt
- 0.3 cup vegetable oil
- 1 cup water hot

Equipment

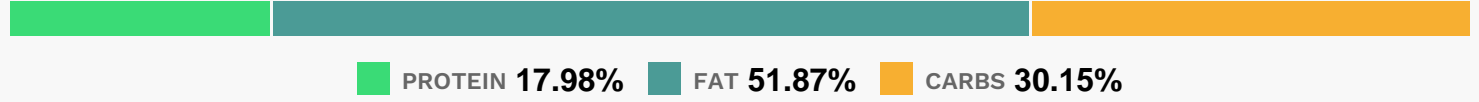
- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 37
- Place matzo crackers in a single layer on a baking sheet; bake at 375 for 5 minutes or until lightly browned. Break crackers into small pieces, and place in a large bowl.
- Pour chicken broth and water over matzo; let stand 10 minutes, stirring occasionally.
- Heat oil in a large nonstick skillet over medium heat.
- Add onion; cover and cook 5 minutes, stirring occasionally.
- Add carrot and next 6 ingredients (carrot through mushrooms) to pan; cover and cook 5 minutes or until onion is tender.
- Add mushroom mixture and 2 tablespoons parsley to matzo mixture, stirring well.
- Combine egg whites and eggs in a bowl; stir with a whisk.
- Add egg mixture to matzo mixture; stir well.
- Press matzo mixture into a 10-inch deep-dish pie plate coated with cooking spray.

- Bake, covered, at 375 for 20 minutes. Uncover and bake an additional 18 minutes or until lightly browned.
- Let kugel stand for 5 minutes, and cut into wedges.
- Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:18.32, Glycemic Load:1.41, Inflammation Score:-8, Nutrition Score:7.5647826661234%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 94.27kcal (4.71%), Fat: 5.67g (8.72%), Saturated Fat: 1g (6.25%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6g (2.18%), Sugar: 3g (3.33%), Cholesterol: 31mg (10.33%), Sodium: 427.39mg (18.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin A: 1372.33IU (27.45%), Vitamin K: 20.63µg (19.65%), Vitamin B2: 0.27mg (15.92%), Selenium: 10.14µg (14.49%), Vitamin B3: 1.84mg (9.22%), Vitamin B5: 0.86mg (8.58%), Copper: 0.17mg (8.31%), Potassium: 258.98mg (7.4%), Phosphorus: 73.72mg (7.37%), Vitamin B6: 0.14mg (6.78%), Vitamin C: 5.3mg (6.42%), Manganese: 0.12mg (5.99%), Fiber: 1.41g (5.65%), Folate: 21.61µg (5.4%), Vitamin B1: 0.07mg (4.59%), Vitamin E: 0.57mg (3.83%), Iron: 0.66mg (3.66%), Vitamin B12: 0.19µg (3.23%), Magnesium: 12.44mg (3.11%), Zinc: 0.44mg (2.94%), Calcium: 23.83mg (2.38%), Vitamin D: 0.24µg (1.62%)