



Matzoh-and-Honey Fritters

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 large eggs lightly beaten
- ☐ 0.5 cup golden raisins dried chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup honey
- ☐ 10 ounce matzoh plain
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 15 servings vegetable oil

- ☐ 1 cup walnuts toasted chopped
- ☐ 2.3 cups water

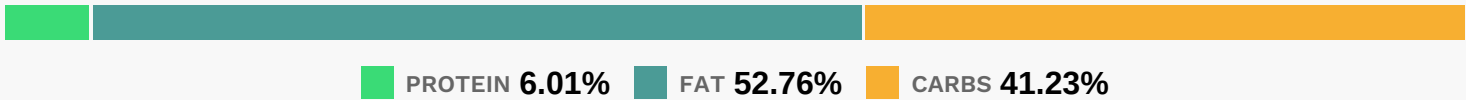
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Break matzoh into pieces, and place in a large bowl. Cover with 2 1/4 cups water; let stand 5 minutes or until matzoh is softened.
- ☐ Add eggs and next 4 ingredients, stirring until blended.
- ☐ Pour oil to a depth of 2 inches into a large skillet, and heat to 37
- ☐ Drop batter by 1/4 cupfuls into hot oil; fry, in batches, 2 minutes on each side or until golden and done in center.
- ☐ Drain on paper towels.
- ☐ Arrange fritters on a serving platter.
- ☐ Drizzle evenly with honey; sprinkle with walnuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:11.69, Inflammation Score:-2, Nutrition Score:6.9952173751333%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 348.81kcal (17.44%), Fat: 20.98g (32.28%), Saturated Fat: 3.19g (19.91%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 35.55g (12.93%), Sugar: 19.15g (21.27%), Cholesterol: 62mg (20.67%), Sodium: 26.73mg (1.16%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 5.38g (10.75%), Vitamin K: 26.25µg (25%), Manganese: 0.43mg (21.51%), Selenium: 12.64µg (18.06%), Vitamin B2: 0.16mg (9.29%), Vitamin E: 1.39mg (9.29%), Copper: 0.18mg (8.78%), Phosphorus: 82.88mg (8.29%), Vitamin B1: 0.11mg (7.12%), Iron: 1.26mg (7.01%), Vitamin B6: 0.11mg (5.52%), Fiber: 1.34g (5.36%), Magnesium: 21.39mg (5.35%), Folate: 19.07µg (4.77%), Vitamin B3: 0.91mg (4.53%), Zinc: 0.63mg (4.2%), Vitamin B5: 0.4mg (3.98%), Potassium: 121.31mg (3.47%), Vitamin B12: 0.15µg (2.47%), Calcium: 24.5mg (2.45%), Vitamin D: 0.33µg (2.22%), Vitamin A: 91.76IU (1.84%)