



Mohn - Poppy Seed Filling for Hamantaschen



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



9

CALORIES



301 kcal

SIDE DISH

Ingredients

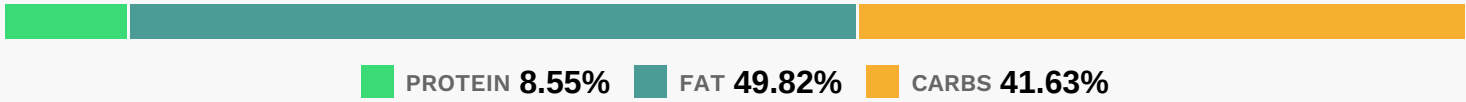
- ☐ 2 eggs beaten
- ☐ 0.3 cup honey
- ☐ 1 cup milk for pareve subs (see cooking instructions)
- ☐ 8 oz poppy seeds
- ☐ 0.3 tsp salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup butter unsalted for pareve subs (see cooking instructions)

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Mohn – Poppy Seed Filling for Hamantaschen
- ☐ Ingredients1 1/2 cups (8 oz.) poppy seeds1/4 cup unsalted butter (see cooking instructions for pareve subs)1 cup milk (see cooking instructions for pareve subs)3/4 cup sugar1/4 cup honey1/4 tsp salt2 eggs, beaten
- ☐ Total Time: 15 Minutes
- ☐ Servings: About 2 1/4 cups of filling
- ☐ Kosher Key: Dairy (Pareve with recommended substitutions)

Nutrition Facts



Properties

Glycemic Index:18.37, Glycemic Load:16.27, Inflammation Score:-5, Nutrition Score:13.937825907832%

Nutrients (% of daily need)

Calories: 300.55kcal (15.03%), Fat: 17.44g (26.83%), Saturated Fat: 5.19g (32.42%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 27.86g (10.13%), Sugar: 26.46g (29.4%), Cholesterol: 53.18mg (17.73%), Sodium: 96.57mg (4.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.47%), Manganese: 1.7mg (85.13%), Calcium: 403.48mg (40.35%), Phosphorus: 267.87mg (26.79%), Magnesium: 92.19mg (23.05%), Copper: 0.42mg (21.15%), Fiber: 4.93g (19.73%), Vitamin B1: 0.23mg (15.64%), Zinc: 2.26mg (15.04%), Iron: 2.68mg (14.89%), Selenium: 7.16µg (10.22%), Potassium: 242.1mg (6.92%), Vitamin B2: 0.12mg (6.83%), Folate: 25.64µg (6.41%), Vitamin A: 254.3IU (5.09%), Vitamin B6: 0.1mg (4.89%), Vitamin E: 0.71mg (4.72%), Vitamin B12: 0.24µg (4.07%), Vitamin D: 0.59µg (3.92%), Vitamin B5: 0.35mg (3.46%), Vitamin B3: 0.28mg (1.38%)