



Mushroom Matzo Kugel

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



784 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 3 rib celery diced
- ☐ 6 servings garnish: celery leaves
- ☐ 10.5 ounce chicken broth undiluted canned
- ☐ 2 large eggs lightly beaten
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 3.5 cups matzo farfel
- ☐ 1 small onion diced

- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1.3 cups water hot

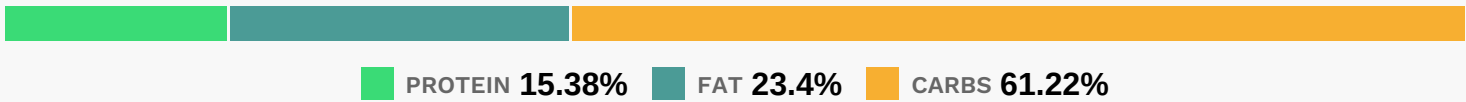
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Saut first 3 ingredients in hot oil in a large skillet until tender; remove from heat.
- ☐ Stir in matzo farfel and next 5 ingredients. Spoon into a lightly greased 1 1/2-quart baking dish.
- ☐ Bake at 375 for 30 minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:21.237391171248%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 784.16kcal (39.21%), Fat: 20.13g (30.96%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 118.5g (39.5%), Net Carbohydrates: 113.74g (41.36%), Sugar: 1.73g (1.92%), Cholesterol: 86.81mg (28.94%), Sodium: 656.41mg (28.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.77g (59.54%), Selenium: 68.76µg (98.22%), Manganese: 0.95mg (47.39%), Vitamin B2: 0.68mg (40.21%), Vitamin B3: 7.96mg (39.78%), Vitamin B1: 0.58mg (38.48%), Iron: 5.53mg (30.7%), Phosphorus: 268.12mg (26.81%), Fiber: 4.76g (19.05%), Zinc: 2.62mg (17.46%), Vitamin E: 2.61mg (17.37%), Vitamin B6: 0.34mg (16.8%), Vitamin B5: 1.45mg (14.52%), Magnesium: 51.31mg (12.83%),

Copper: 0.25mg (12.71%), Potassium: 395.8mg (11.31%), Vitamin B12: 0.66µg (10.99%), Vitamin K: 11.1µg (10.57%),
Folate: 41.48µg (10.37%), Calcium: 40.73mg (4.07%), Vitamin A: 185.24IU (3.7%), Vitamin D: 0.46µg (3.06%), Vitamin
C: 1.7mg (2.06%)