



Passover Apple Muffins

 Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups matzo
- 0.5 cup raisins
- 4 egg whites
- 1 Dash salt
- 0.3 cup sugar
- 1.3 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled finely chopped
- 0.5 teaspoon ground cinnamon
- 3 tablespoons butter melted

- 2 teaspoons sugar
- 1 teaspoon ground cinnamon

Equipment

- bowl
- frying pan
- oven
- wire rack
- sieve
- hand mixer
- ziploc bags
- muffin liners
- rolling pin
- colander

Directions

- Heat oven to 375°F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- Place matzo farfel in plastic bag; crush lightly with rolling pin.
- Place in large strainer or colander; moisten well under hot running water until soft.
- Drain; squeeze out as much water as possible. Rinse raisins with hot water.
- In large bowl, beat egg whites and salt with electric mixer on high speed until soft peaks form. Gradually add 1/4 cup sugar, beating until stiff peaks form.
- Sprinkle farfel, raisins, apple and 1/2 teaspoon cinnamon over egg whites.
- Drizzle with butter; fold in lightly. Divide mixture evenly among muffin cups, packing lightly. (Muffin cups will be full). In small bowl, mix 2 teaspoons sugar and 1 teaspoon cinnamon; sprinkle about 1/4 teaspoon mixture over each muffin.
- Bake 20 to 25 minutes or until golden brown. Immediately remove from pan to wire rack.
- Serve warm.

Nutrition Facts

PROTEIN 9.1% FAT 13.47% CARBS 77.43%

Properties

Glycemic Index:20.08, Glycemic Load:6.43, Inflammation Score:-2, Nutrition Score:5.0160870364179%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 230.45kcal (11.52%), Fat: 3.46g (5.33%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 42.72g (15.54%), Sugar: 6.46g (7.18%), Cholesterol: 0mg (0%), Sodium: 54.74mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Selenium: 16.62µg (23.75%), Manganese: 0.32mg (16.11%), Vitamin B1: 0.16mg (10.84%), Vitamin B2: 0.18mg (10.33%), Fiber: 2.06g (8.24%), Vitamin B3: 1.63mg (8.14%), Iron: 1.45mg (8.06%), Phosphorus: 43.62mg (4.36%), Potassium: 127.81mg (3.65%), Magnesium: 13.72mg (3.43%), Vitamin B6: 0.06mg (3.18%), Vitamin A: 133.43IU (2.67%), Copper: 0.05mg (2.46%), Vitamin B5: 0.21mg (2.09%), Zinc: 0.29mg (1.95%), Folate: 7.75µg (1.94%), Calcium: 11.96mg (1.2%), Vitamin C: 0.98mg (1.19%), Vitamin E: 0.16mg (1.09%)