



Passover Chocolate Matzah Roll

READY IN



155 min.

SERVINGS



8

CALORIES



412 kcal

Ingredients

- ☐ 1 cup butter
- ☐ 5 matzo crackers crushed
- ☐ 0.5 cup red wine manischewitz® such as
- ☐ 5 ounces semi chocolate chips
- ☐ 0.3 cup water
- ☐ 0.3 cup sugar white

Equipment

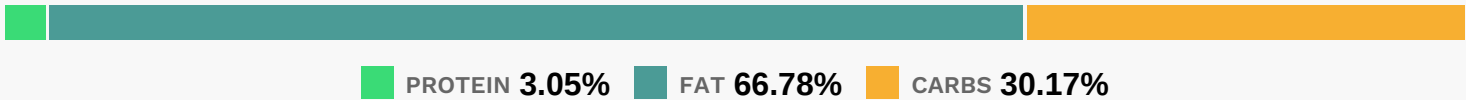
- ☐ bowl
- ☐ pot

- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Cut a 12-inch long piece of waxed paper and set aside.
- ☐ Place crushed matzo sheets in a bowl.
- ☐ Sprinkle with red wine and water; mix well.
- ☐ Melt chocolate chips and sugar in a pot over low heat, stirring occasionally, about 5 minutes. Thin with a spoonful of water if it becomes too thick.
- ☐ Remove from heat.
- ☐ Beat butter in a separate bowl with an electric mixer until fluffy. Gradually beat chocolate mixture into butter until well blended.
- ☐ Stir matzo mixture into chocolate–butter mixture with a wooden spoon.
- ☐ Pour mixture lengthwise on prepared waxed paper.
- ☐ Fold waxed paper around mixture to shape into a log. Fold paper at ends to enclose the roll.
- ☐ Freeze the roll until solid, at least 2 hours.
- ☐ Cut into slices.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:4.43, Inflammation Score:-5, Nutrition Score:5.6139130281365%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg

Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg
Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg,
Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin:
0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 411.98kcal (20.6%), Fat: 30.07g (46.25%), Saturated Fat: 18.53g (115.8%), Carbohydrates: 30.57g (10.19%),
Net Carbohydrates: 28.63g (10.41%), Sugar: 12.9g (14.34%), Cholesterol: 62.07mg (20.69%), Sodium: 185.26mg
(8.05%), Alcohol: 1.59g (100%), Alcohol %: 2.18% (100%), Caffeine: 15.24mg (5.08%), Protein: 3.09g (6.17%),
Manganese: 0.37mg (18.43%), Vitamin A: 718.25IU (14.37%), Selenium: 8.3µg (11.85%), Copper: 0.23mg (11.74%), Iron:
1.75mg (9.73%), Magnesium: 38mg (9.5%), Fiber: 1.94g (7.77%), Phosphorus: 71.9mg (7.19%), Vitamin E: 0.77mg
(5.16%), Vitamin B1: 0.08mg (5.04%), Vitamin B2: 0.08mg (4.42%), Vitamin B3: 0.87mg (4.37%), Zinc: 0.64mg
(4.24%), Potassium: 146.05mg (4.17%), Vitamin K: 3.37µg (3.21%), Calcium: 21.55mg (2.16%), Vitamin B6: 0.04mg
(1.78%), Vitamin B5: 0.17mg (1.66%), Vitamin B12: 0.08µg (1.34%)