

Passover Chremslach

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons almonds chopped
- 2 tablespoons currants
- 2 tablespoons apricot dried chopped
- 3 large eggs separated
- 1 tablespoon juice of lemon
- 1 lemon zest grated
- 0.3 cup matzo meal
- 0.3 cup sugar

24 servings vegetable oil for frying

Equipment

frying pan

oven

deep fryer

Directions

Mix together the matzahs, currants, almonds, apricots, egg yolks, matzah meal, sugar, lemon rind, and lemon juice.

Beat the egg whites until stiff. Fold into the matzah mixture, adding matzah meal to make the mixture hold together.

Using an electric skillet or deep fryer, heat about 2 inches of oil to 375 degrees. Drop the mixture by tablespoons and brown a few minutes on each side until they are crisp. Cook only about three at a time.

Drain well on paper.

Serve at room temperature or crisped up in the oven. The fritters are especially delicious with stewed prunes with orange juice as an accompaniment, if desired.

Note: You can make these in the morning, drain on paper, leave out all day, and crisp in the oven just before serving.

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Nutrition Facts



PROTEIN 7.55% **FAT 54.51%** **CARBS 37.94%**

Properties

Glycemic Index:5.77, Glycemic Load:2.4, Inflammation Score:-1, Nutrition Score:1.5439130534296%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol:

0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 61.82kcal (3.09%), Fat: 3.85g (5.92%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.71g (2.08%), Sugar: 4.3g (4.78%), Cholesterol: 23.25mg (7.75%), Sodium: 9.59mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin K: 5.25µg (5%), Vitamin E: 0.57mg (3.77%), Selenium: 2.55µg (3.64%), Vitamin B2: 0.05mg (2.69%), Phosphorus: 19.87mg (1.99%), Manganese: 0.04mg (1.96%), Vitamin A: 79.24IU (1.58%), Iron: 0.25mg (1.37%), Fiber: 0.32g (1.28%), Potassium: 41.47mg (1.18%), Vitamin B5: 0.11mg (1.15%), Copper: 0.02mg (1.12%), Magnesium: 4.28mg (1.07%)