



## Passover Chremslach with Mixed Fruit Compote

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

### Ingredients

- 0.3 cup currants dried
- 3 large egg whites
- 3 large egg yolks
- 8 servings fruit compote mixed
- 0.5 teaspoon ground cinnamon
- 1 tablespoon juice of lemon fresh
- 1.5 teaspoons lemon rind grated

- 1 cup matzo cake meal
- 0.1 teaspoon salt
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract
- 0.3 cup walnuts coarsely chopped
- 1 cup water

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- blender
- measuring cup

## Directions

- Preheat oven to 35
- Lightly spoon matzo cake meal into a dry measuring cup; level with a knife.
- Combine the matzo cake meal and next 5 ingredients (matzo cake meal through salt) in a large bowl; stir well.
- Add water, juice, vanilla, and egg yolks; stir with a fork until blended.
- Beat egg whites with a mixer at high speed until foamy. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth egg white mixture into matzo mixture; gently fold in remaining egg white mixture. Cover and chill 15 minutes.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat. Drop dough by tablespoons into pan; cook 1 minute per side or until lightly browned.
- Place chremslach on a baking sheet; bake at 350 for 10 minutes.
- Serve with
- Mixed Fruit Compote.

# Nutrition Facts

PROTEIN 9.23% FAT 17.34% CARBS 73.43%

## Properties

Glycemic Index:15.01, Glycemic Load:5.23, Inflammation Score:-4, Nutrition Score:6.555652115656%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 226.27kcal (11.31%), Fat: 4.49g (6.92%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 39.86g (14.5%), Sugar: 22.74g (25.27%), Cholesterol: 68.85mg (22.95%), Sodium: 69.49mg (3.02%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 5.39g (10.77%), Selenium: 12.76µg (18.23%), Manganese: 0.32mg (15.98%), Fiber: 2.98g (11.9%), Vitamin B2: 0.18mg (10.66%), Copper: 0.19mg (9.26%), Vitamin A: 454.48IU (9.09%), Vitamin B1: 0.11mg (7.6%), Phosphorus: 73.91mg (7.39%), Iron: 1.31mg (7.3%), Vitamin B3: 1.28mg (6.4%), Potassium: 206.85mg (5.91%), Vitamin K: 5.83µg (5.56%), Magnesium: 19.95mg (4.99%), Vitamin C: 4.08mg (4.95%), Folate: 19.61µg (4.9%), Vitamin B6: 0.1mg (4.84%), Vitamin B5: 0.37mg (3.67%), Zinc: 0.51mg (3.42%), Calcium: 27.7mg (2.77%), Vitamin D: 0.34µg (2.29%), Vitamin B12: 0.14µg (2.26%), Vitamin E: 0.21mg (1.41%)