



Passover Potato Kugel



Dairy Free



Popular

READY IN



100 min.

SERVINGS



15

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 tsp pepper white black
- ☐ 0.3 tsp ground pepper
- ☐ 1 tsp chicken powder (vegetarian product)
- ☐ 1.5 tsp cumin
- ☐ 6 eggs
- ☐ 15 servings olive oil extra virgin
- ☐ 0.5 cup matzo meal
- ☐ 2 tsp paprika

- ☐ 5 lbs baking potatoes (10 large baking sized potatoes)
- ☐ 1.8 tsp salt
- ☐ 0.8 tsp turmeric

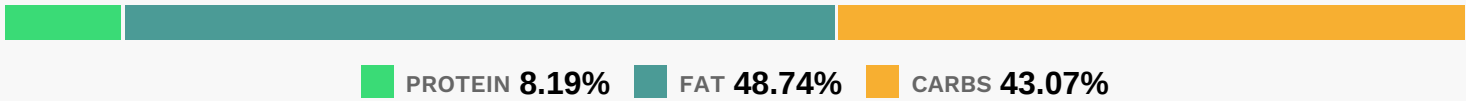
Equipment

- ☐ food processor
- ☐ hand mixer
- ☐ immersion blender
- ☐ grater

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Passover Potato Kugel
- ☐ ingredients5 lbs. russet potatoes (about 10 large baking sized potatoes)6 eggs2 tsp paprika1 3/4 tsp salt1 1/2 tsp cumin1 tsp chicken consomme powder (vegetarian product)3/4 tsp turmeric1/2 tsp black or white pepper1/4 tsp cayenne1/2 cup matzo meal
- ☐ Extra virgin olive oil
- ☐ You will also need
- ☐ Hand grater or food processor with grating attachment, electric hand mixer or immersion blender
- ☐ Prep Time: 15 – 30 Minutes
- ☐ Cook Time: 60 – 70 Minutes
- ☐ Servings: 15 servings
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:21.51, Inflammation Score:-7, Nutrition Score:9.7539131330407%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 289.5kcal (14.47%), Fat: 15.98g (24.59%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 29.49g (10.72%), Sugar: 1.08g (1.2%), Cholesterol: 65.49mg (21.83%), Sodium: 336.57mg (14.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Vitamin B6: 0.57mg (28.36%), Potassium: 674.62mg (19.27%), Vitamin E: 2.33mg (15.52%), Manganese: 0.3mg (14.89%), Phosphorus: 124.87mg (12.49%), Iron: 2.09mg (11.64%), Selenium: 7.81µg (11.15%), Vitamin K: 11.51µg (10.96%), Vitamin C: 8.71mg (10.55%), Vitamin B1: 0.15mg (10.12%), Magnesium: 39.74mg (9.94%), Fiber: 2.29g (9.14%), Vitamin B3: 1.81mg (9.06%), Copper: 0.18mg (8.84%), Vitamin B2: 0.15mg (8.8%), Folate: 30.53µg (7.63%), Vitamin B5: 0.75mg (7.54%), Vitamin A: 262.62IU (5.25%), Zinc: 0.73mg (4.85%), Calcium: 33.7mg (3.37%), Vitamin B12: 0.16µg (2.62%), Vitamin D: 0.35µg (2.35%)