Savory Red Pepper and Onion Matzo Brei

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	4	355 kcal

SIDE DISH

Ingredients

- [ ] 0.3 teaspoon pepper black
- [ ] 6 large eggs
- [ ] 1.5 tablespoons optional: dill fresh chopped
- [ ] 36 inch matzos unsalted
- [ ] 0.3 cup olive oil extra-virgin
- [ ] 2 medium onions halved lengthwise cut lengthwise into 1/4-inch-wide strips
- [ ] 2 bell peppers red cut lengthwise into 1/4-inch-wide strips
- [ ] 0.5 teaspoon salt

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] colander

Directions

- [ ] Break matzos into roughly 1-inch pieces into a colander, then rinse under hot tap water until pieces are softened, 1 to 2 minutes.
- [ ] Let stand 5 minutes.
- [ ] Lightly beat eggs with salt, pepper, and 1 tablespoon dill in a large bowl and stir in matzos until coated well.
- [ ] Cook onions and peppers in oil in a 12-inch heavy nonstick skillet over moderate heat, stirring occasionally, until they begin to brown, 8 to 10 minutes.
- [ ] Add matzo mixture, then increase heat to moderately high and sauté, stirring frequently and breaking up clumps, until matzos are well browned, about 17 minutes. Season with salt, then sprinkle with remaining 1/2 tablespoon dill.

Nutrition Facts

PROTEIN **14.53%** FAT **53.5%** CARBS **31.97%**

Properties

Glycemic Index:26.5, Glycemic Load:1.9, Inflammation Score:-9, Nutrition Score:19.397826153299%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg

Nutrients (% of daily need)

Calories: 354.74kcal (17.74%), Fat: 21.19g (32.6%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 25.58g (9.3%), Sugar: 5.18g (5.75%), Cholesterol: 279mg (93%), Sodium: 402.15mg (17.48%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.9%), Vitamin C: 80.36mg (97.4%), Vitamin A: 2281.31IU (45.63%), Selenium: 31.8µg (45.43%), Vitamin B2: 0.48mg (27.96%), Vitamin E: 3.7mg (24.65%), Phosphorus: 200.56mg (20.06%), Vitamin B6: 0.39mg (19.68%), Folate: 77.2µg (19.3%), Manganese: 0.33mg (16.29%), Vitamin B5: 1.51mg (15.1%), Iron: 2.51mg (13.92%), Vitamin B1: 0.18mg (11.74%), Fiber: 2.91g (11.62%), Vitamin K: 11.76µg (11.2%), Vitamin B12: 0.67µg (11.13%), Vitamin D: 1.5µg (10%), Potassium: 337.91mg (9.65%), Zinc: 1.37mg (9.13%), Vitamin B3: 1.6mg (7.98%), Magnesium: 27.66mg (6.91%), Calcium: 62.97mg (6.3%), Copper: 0.1mg (5.07%)