



Thin Potato Kugel

 Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 lb baking potatoes peeled
- ☐ 2 large carrots peeled
- ☐ 3 large eggs
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup matzo meal unsalted
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion peeled

- ☐ 0.3 teaspoon paprika
- ☐ 1.3 teaspoons salt

Equipment

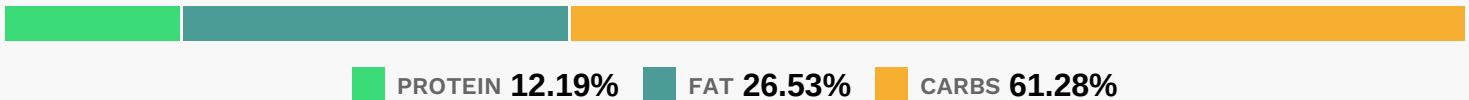
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ spatula
- ☐ box grater

Directions

- ☐ Preheat oven to 425
- ☐ Grate potato, onion, and carrot through large holes of a box grater; toss with lemon juice.
- ☐ Spread mixture onto layers of paper towels or a cloth towel.
- ☐ Roll up towel, starting at 1 short side. Squeeze towel to absorb excess liquid.
- ☐ Place potato mixture in a large bowl.
- ☐ Brush olive oil on bottom and up sides of a 15- x 10-inch jelly-roll pan.
- ☐ Heat pan in 425 oven 5 minutes.
- ☐ Meanwhile, whisk together eggs and next 3 ingredients in a small bowl.
- ☐ Place matzo meal in a fine wire-mesh strainer. Rinse matzo meal under running water, shaking strainer gently until mixture forms a ball.
- ☐ Whisk into egg mixture.
- ☐ Stir egg mixture into potato mixture until well combined. Carefully spoon potato mixture into hot jelly-roll pan. Press mixture in an even layer, using a spatula.
- ☐ Bake at 425 for 30 to 35 minutes or until golden brown and crisp.

- ☐ Remove from oven to wire rack, and let cool 5 minutes.
- ☐ Cut into pieces before serving.
- ☐ Note: Thin Potato Kugel can be made ahead. Prepare as directed, and cover and chill up to 2 days.
- ☐ Thin Sweet Potato Kugel: Substitute 4 medium-size sweet potatoes (about 2 lb.) for baking potatoes. Omit lemon juice. Proceed with recipe as directed, whisking 1/4 tsp. ground thyme into eggs in Step

Nutrition Facts



Properties

Glycemic Index:17.36, Glycemic Load:13.58, Inflammation Score:-9, Nutrition Score:8.8213043420211%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 147.23kcal (7.36%), Fat: 4.42g (6.8%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 21.03g (7.65%), Sugar: 1.82g (2.03%), Cholesterol: 55.8mg (18.6%), Sodium: 327mg (14.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Vitamin A: 2512.51IU (50.25%), Vitamin B6: 0.38mg (18.94%), Potassium: 469.17mg (13.4%), Manganese: 0.22mg (10.78%), Selenium: 6.77µg (9.67%), Phosphorus: 92.34mg (9.23%), Vitamin C: 7.43mg (9%), Fiber: 1.94g (7.78%), Vitamin B1: 0.11mg (7.57%), Vitamin B2: 0.12mg (7.31%), Iron: 1.29mg (7.19%), Magnesium: 26.89mg (6.72%), Vitamin B3: 1.29mg (6.46%), Folate: 25.7µg (6.42%), Copper: 0.12mg (5.95%), Vitamin B5: 0.58mg (5.8%), Vitamin K: 5.36µg (5.11%), Vitamin E: 0.69mg (4.58%), Zinc: 0.55mg (3.64%), Calcium: 28.63mg (2.86%), Vitamin B12: 0.13µg (2.23%), Vitamin D: 0.3µg (2%)