Maror: How Much To Eat

The minimum amount to fulfill the *mitzva* of eating *maror* at *seder* is 0.65 fl. oz. (19 ml), or about the volume of 1/3 of an egg.

NOTE If you choose to use romaine instead of horseradish for *maror*, the minimum amount is about 2-3 stems (depending on their size), or enough leaves if crushed to make up 0.65 fl. oz.

NOTE It is even better to eat at least 1.3 fl. oz. (39 ml, or 1/6 cup).

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