

Almond-Orzo Kugel

READY IN



45 min.

SERVINGS



16

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 2 tablespoons butter melted
- ☐ 24 ounce carton cottage cheese 1% low-fat
- ☐ 8 ounce carton egg substitute
- ☐ 2 large egg whites
- ☐ 0.5 cup milk fat-free
- ☐ 1 ounce flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 1.5 cups cup heavy whipping cream sour reduced-fat
- ☐ 0.1 teaspoon nutmeg whole grated
- ☐ 16 ounce orzo pasta) (rice-shaped uncooked
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar divided
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain and set aside.
- ☐ Combine 3/4 cup sugar and the next 9 ingredients (through egg substitute) in a food processor; process until smooth.
- ☐ Combine cooked pasta and cottage cheese mixture in a large bowl, stirring until well blended. Spoon orzo mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 325 for 40 minutes.
- ☐ Combine remaining 1/4 cup sugar, sliced almonds, and next 3 ingredients (through 1/8 teaspoon salt) in a small bowl; stir in butter.
- ☐ Sprinkle kugel with almond mixture; bake an additional 20 minutes. Cool 15 minutes; cut into 16 pieces.
- ☐ Serve warm.

Nutrition Facts



 PROTEIN **19.5%**  FAT **19.72%**  CARBS **60.78%**

Properties

Glycemic Index:22.21, Glycemic Load:18.36, Inflammation Score:-3, Nutrition Score:7.6886956549209%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 255.95kcal (12.8%), Fat: 5.6g (8.62%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 37.62g (13.68%), Sugar: 15.27g (16.97%), Cholesterol: 13.24mg (4.41%), Sodium: 332.75mg (14.47%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 12.46g (24.91%), Selenium: 30.02µg (42.88%), Manganese: 0.33mg (16.3%), Phosphorus: 156.51mg (15.65%), Vitamin B2: 0.23mg (13.52%), Calcium: 89.44mg (8.94%), Vitamin B12: 0.46µg (7.63%), Magnesium: 28.49mg (7.12%), Copper: 0.13mg (6.26%), Zinc: 0.92mg (6.14%), Potassium: 212.49mg (6.07%), Vitamin E: 0.86mg (5.72%), Vitamin B1: 0.08mg (5.5%), Vitamin B5: 0.5mg (5.03%), Vitamin B6: 0.1mg (5.03%), Iron: 0.89mg (4.95%), Fiber: 1.21g (4.86%), Folate: 19.32µg (4.83%), Vitamin B3: 0.76mg (3.81%), Vitamin A: 179.53IU (3.59%), Vitamin D: 0.35µg (2.36%)