



Anne Whiteman's Birthday Kugel

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 1 cup oatmeal cornflakes crushed
- 6 eggs
- 2 teaspoons ground cinnamon
- 1 teaspoon lemon zest grated
- 1.5 cups curd cottage cheese curd, or california-style (small or large)
- 1 teaspoon orange zest grated
- 0.8 cup raisins

- 1 tablespoon salt
- 1 cup cream sour
- 0.8 cup sugar
- 2.3 teaspoons vanilla extract
- 2.3 cups milk whole
- 18 ounces extra wide egg noodles

Equipment

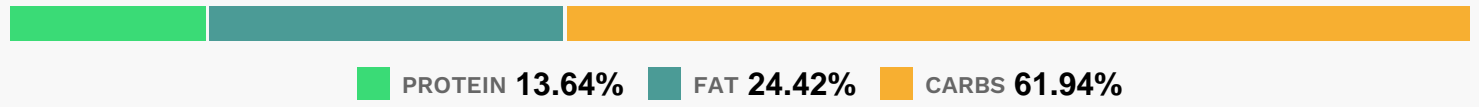
- food processor
- bowl
- oven
- pot
- baking pan

Directions

- To make the kugel, in the bowl of a food processor fitted with the metal blade, whirl together the eggs.
- Add the cottage cheese, sour cream, and sugar. Process until smooth.
- Pour into a large bowl and stir in the milk, raisins, melted butter, vanilla, and orange and lemon zests.
- In a large pot, bring at least 5 quarts of water to a boil over high heat, salt, and cook the noodles until just before they are fully cooked, about 5 minutes, but check package directions for exact timing.
- Drain and stir the noodles into the egg-cheese mixture, then refrigerate, tightly covered, overnight. (I think this step of preparing ahead was mainly for convenience. I have baked the pudding immediately, and it turns out lighter; the noodles don't absorb as much of the custard.
- Lightly butter a 9- by 13-inch baking dish. Preheat the oven to 350° F.
- To make the topping, toss together the corn flakes, melted butter, and cinnamon in a small bowl. To bake the kugel, pour the noodle mixture into the baking dish and sprinkle evenly with the topping.

- Bake for 35 to 40 minutes, until lightly browned.
- Let stand at least 10 minutes before serving.
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Nutrition Facts



Properties

Glycemic Index:24.41, Glycemic Load:26.34, Inflammation Score:-7, Nutrition Score:19.350434601307%

Nutrients (% of daily need)

Calories: 453.13kcal (22.66%), Fat: 12.44g (19.14%), Saturated Fat: 5.7g (35.64%), Carbohydrates: 71.02g (23.67%), Net Carbohydrates: 68.14g (24.78%), Sugar: 18.95g (21.05%), Cholesterol: 144.18mg (48.06%), Sodium: 895.36mg (38.93%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 15.64g (31.29%), Selenium: 46.39µg (66.27%), Iron: 7.2mg (40.01%), Vitamin B2: 0.6mg (35.33%), Vitamin B12: 1.72µg (28.63%), Phosphorus: 279.52mg (27.95%), Vitamin B6: 0.55mg (27.47%), Vitamin B1: 0.39mg (26.21%), Manganese: 0.49mg (24.68%), Folate: 98.03µg (24.51%), Vitamin B3: 4.64mg (23.22%), Vitamin A: 790.44IU (15.81%), Calcium: 134.76mg (13.48%), Vitamin D: 1.81µg (12.06%), Magnesium: 47.79mg (11.95%), Vitamin B5: 1.17mg (11.72%), Fiber: 2.88g (11.53%), Zinc: 1.69mg (11.27%), Copper: 0.22mg (11.2%), Potassium: 368.07mg (10.52%), Vitamin C: 5.26mg (6.37%), Vitamin E: 0.59mg (3.95%)