



Apple Noodle Kugel

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 macintosh apples sliced
- 2 tablespoons butter melted
- 8 ounce extra wide egg noodles
- 3 eggs separated
- 0.3 cup golden raisins
- 2 teaspoons ground cinnamon
- 0.5 teaspoon vanilla extract
- 1 cup sugar white

Equipment

- bowl
- oven
- whisk
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Grease a 2-quart baking dish.
- Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally, until cooked through but firm to the bite, about 5 minutes.
- Drain.
- Stir melted butter and noodles in a large bowl.
- Mix apples, egg yolks, sugar, raisins, cinnamon, and vanilla extract into noodle mixture until well blended.
- Beat egg whites in a large bowl until stiff peaks form. Lift your beater or whisk straight up: the egg whites should form a sharp peak that holds its shape.
- Fold egg whites into noodle mixture; pour into prepared baking dish.
- Bake in the preheated oven until browned, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:32.22, Glycemic Load:30.37, Inflammation Score:-3, Nutrition Score:7.3173913022746%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg

Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg
Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg,
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-
gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate:
0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.22mg, Kaempferol:
0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg,
Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 304.93kcal (15.25%), Fat: 5.89g (9.06%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 58.68g (19.56%),
Net Carbohydrates: 55.66g (20.24%), Sugar: 35.37g (39.3%), Cholesterol: 92.72mg (30.91%), Sodium: 53.44mg
(2.32%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 6.47g (12.95%), Selenium: 27.64µg (39.48%),
Manganese: 0.37mg (18.69%), Fiber: 3.02g (12.08%), Phosphorus: 114.89mg (11.49%), Vitamin B2: 0.13mg (7.86%),
Copper: 0.13mg (6.73%), Vitamin B6: 0.13mg (6.64%), Magnesium: 23.82mg (5.96%), Iron: 1.05mg (5.81%),
Potassium: 202.64mg (5.79%), Vitamin B5: 0.57mg (5.65%), Zinc: 0.81mg (5.43%), Vitamin A: 232.47IU (4.65%),
Folate: 18.29µg (4.57%), Vitamin B1: 0.07mg (4.47%), Vitamin C: 3.3mg (4%), Vitamin B12: 0.23µg (3.92%), Vitamin
B3: 0.73mg (3.65%), Vitamin E: 0.5mg (3.33%), Calcium: 31.79mg (3.18%), Vitamin D: 0.41µg (2.77%), Vitamin K:
2.25µg (2.15%)