



Apple-Pecan Noodle Kugel

READY IN



90 min.

SERVINGS



8

CALORIES



361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.1 lb butter melted
- ☐ 3 oz cream cheese
- ☐ 3 large eggs
- ☐ 2 granny smith apples rinsed (1 lb. total)
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.8 cup milk
- ☐ 1 carton nonfat cottage cheese

- ☐ 0.3 cup pecan halves
- ☐ 0.5 cup raisins
- ☐ 0.5 pound wide egg noodles dried

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add noodles, stir, and cook until tender to bite, about 8 minutes.
- ☐ Drain and immerse in cold water until cool, about 2 minutes.
- ☐ Drain again.
- ☐ Meanwhile, core and shred apples.
- ☐ In a large bowl with a mixer, beat cream cheese with sugar.
- ☐ Add cottage cheese, eggs, milk, and 1 teaspoon cinnamon. Beat to blend.
- ☐ Add noodles, shredded apples, raisins, and 3 tablespoons butter; stir to mix.
- ☐ Rub sides and bottom of a 9-inch square pan with remaining butter.
- ☐ Add noodle mixture and spread level.
- ☐ Mix remaining 1/2 teaspoon cinnamon with pecans and brown sugar.
- ☐ Sprinkle evenly over noodle mixture.
- ☐ Bake in a 350 oven until top is golden brown, about 45 minutes (about 35 minutes in a convection oven). Cool at least 10 minutes.
- ☐ Serve warm or at room temperature, cut into rectangles.

Nutrition Facts



 PROTEIN **9.19%**  FAT **37.71%**  CARBS **53.1%**

Properties

Glycemic Index:35.61, Glycemic Load:18.9, Inflammation Score:-5, Nutrition Score:9.6386955665505%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 360.63kcal (18.03%), Fat: 15.52g (23.87%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 49.16g (16.39%), Net Carbohydrates: 46.02g (16.73%), Sugar: 19.87g (22.08%), Cholesterol: 107.05mg (35.68%), Sodium: 146.97mg (6.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.02%), Selenium: 29.76µg (42.51%), Manganese: 0.5mg (24.96%), Phosphorus: 162.68mg (16.27%), Fiber: 3.14g (12.56%), Vitamin B2: 0.2mg (11.99%), Vitamin A: 579.59IU (11.59%), Copper: 0.18mg (9.08%), Potassium: 293.56mg (8.39%), Magnesium: 32.2mg (8.05%), Vitamin B6: 0.16mg (7.96%), Calcium: 78.06mg (7.81%), Vitamin B5: 0.77mg (7.67%), Zinc: 1.12mg (7.45%), Iron: 1.33mg (7.39%), Vitamin B1: 0.11mg (7.34%), Vitamin B12: 0.4µg (6.73%), Folate: 20.48µg (5.12%), Vitamin E: 0.76mg (5.06%), Vitamin D: 0.71µg (4.74%), Vitamin B3: 0.84mg (4.18%), Vitamin C: 2.64mg (3.21%), Vitamin K: 1.72µg (1.63%)