



## Applesauce Noodle Kugel

READY IN



90 min.

SERVINGS



12

CALORIES



373 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 ounce apple sauce
- 1.5 cups egg substitute
- 0.3 cup graham cracker crumbs
- 1 teaspoon ground cinnamon to taste
- 1 teaspoon juice of lemon
- 0.3 cup raisins
- 1 cup reduced fat margarine
- 0.5 cup cup heavy whipping cream fat free sour
- 1 teaspoon vanilla extract

- 2 cups sugar white
- 16 ounce wide egg noodles

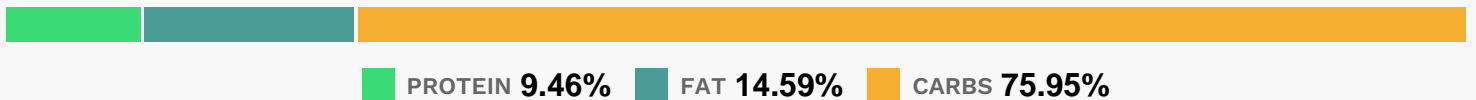
## Equipment

- bowl
- oven
- pot
- baking pan
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Coat a 9x13 inch baking dish with cooking spray. Bring a large pot of lightly salted water to a boil. Cook noodles in boiling water for 8 to 10 minutes, or until al dente.
- Drain.
- In a large bowl, mix together margarine, sour cream, egg substitute, sugar, lemon juice, vanilla extract, and applesauce. Stir in noodles and raisins.
- Spread graham cracker crumbs on the bottom of the prepared dish.
- Pour the noodle mixture over the crumbs.
- Sprinkle top with cinnamon.
- Bake 45 to 60 minutes in the preheated oven, or until set. Cover with foil if it browns too quickly.

## Nutrition Facts



## Properties

Glycemic Index:20.99, Glycemic Load:36.79, Inflammation Score:-3, Nutrition Score:9.5700000990992%

## Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## Nutrients (% of daily need)

Calories: 373.1kcal (18.66%), Fat: 6.16g (9.48%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 72.14g (24.05%), Net Carbohydrates: 70.12g (25.5%), Sugar: 39.29g (43.65%), Cholesterol: 35.6mg (11.87%), Sodium: 249.04mg (10.83%), Alcohol: 0.1g (100%), Alcohol %: 0.08% (100%), Protein: 8.99g (17.98%), Selenium: 43.51µg (62.15%), Manganese: 0.38mg (18.75%), Phosphorus: 132.45mg (13.25%), Vitamin B2: 0.19mg (11.29%), Vitamin K: 10.51µg (10.01%), Iron: 1.61mg (8.93%), Vitamin B5: 0.87mg (8.72%), Vitamin B1: 0.12mg (8.2%), Fiber: 2.02g (8.07%), Magnesium: 30.99mg (7.75%), Zinc: 1.14mg (7.59%), Copper: 0.15mg (7.35%), Vitamin E: 1.09mg (7.27%), Vitamin B6: 0.14mg (7.1%), Potassium: 232.58mg (6.65%), Calcium: 54.03mg (5.4%), Folate: 19.69µg (4.92%), Vitamin B3: 0.98mg (4.9%), Vitamin B12: 0.24µg (4.01%), Vitamin D: 0.59µg (3.96%), Vitamin A: 139.92IU (2.8%), Vitamin C: 0.86mg (1.04%)