



Apricot Noodle Kugel

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



412 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup all-natural apricot nectar
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup butter softened
- ☐ 1.5 cups cornflake crumbs
- ☐ 3 ounce cream cheese softened
- ☐ 3 eggs beaten
- ☐ 0.5 cup golden raisins
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 cup milk
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white
- ☐ 0.5 cup sugar white
- ☐ 8 ounce wide egg noodles

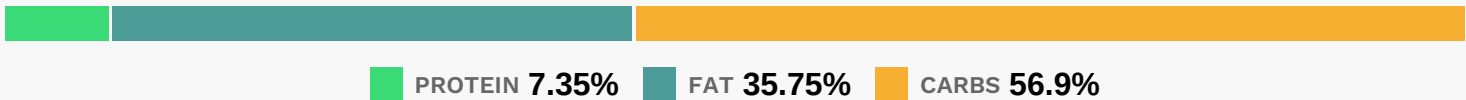
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x9 inch baking pan.
- ☐ Bring a large saucepan of lightly salted water to a boil. Stir in egg noodles, and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a medium bowl, thoroughly mix egg noodles with 1/4 cup butter, cream cheese, eggs, 1/2 cup sugar, and vanilla. Stir in apricot nectar and milk.
- ☐ Mix in raisins.
- ☐ Transfer to the prepared baking pan.
- ☐ In a separate medium bowl, mix cornflake crumbs, 1/2 cup butter, 1/4 cup sugar, remaining vanilla, and cinnamon.
- ☐ Spread over the egg noodle mixture.
- ☐ Bake 45 minutes in the preheated oven, until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:34.24, Glycemic Load:17.44, Inflammation Score:-8, Nutrition Score:17.453043388284%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 412.07kcal (20.6%), Fat: 16.76g (25.79%), Saturated Fat: 9.72g (60.75%), Carbohydrates: 60.05g (20.02%), Net Carbohydrates: 58.09g (21.13%), Sugar: 23.23g (25.81%), Cholesterol: 96.9mg (32.3%), Sodium: 358.96mg (15.61%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 7.75g (15.5%), Iron: 9.26mg (51.44%), Vitamin B2: 0.58mg (34.32%), Vitamin B6: 0.63mg (31.66%), Selenium: 21.98µg (31.41%), Vitamin B1: 0.46mg (30.64%), Vitamin B12: 1.78µg (29.68%), Folate: 117.69µg (29.42%), Vitamin B3: 5.84mg (29.18%), Vitamin A: 1357.72IU (27.15%), Vitamin C: 12.62mg (15.3%), Phosphorus: 137.14mg (13.71%), Manganese: 0.27mg (13.58%), Vitamin D: 1.57µg (10.43%), Fiber: 1.95g (7.8%), Magnesium: 30.48mg (7.62%), Copper: 0.15mg (7.58%), Zinc: 0.96mg (6.42%), Potassium: 214.79mg (6.14%), Vitamin B5: 0.57mg (5.7%), Calcium: 56.88mg (5.69%), Vitamin E: 0.72mg (4.79%), Vitamin K: 1.84µg (1.76%)