



Browned Onion Kugels

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 10 ounces curd cottage cheese
- ☐ 1.8 cups extra wide egg noodles
- ☐ 4 large eggs
- ☐ 3 cups onion chopped (2 large)
- ☐ 1 tablespoon poppy seeds
- ☐ 1 teaspoon salt
- ☐ 1.3 cups cream sour

☐ 0.5 cup butter unsalted

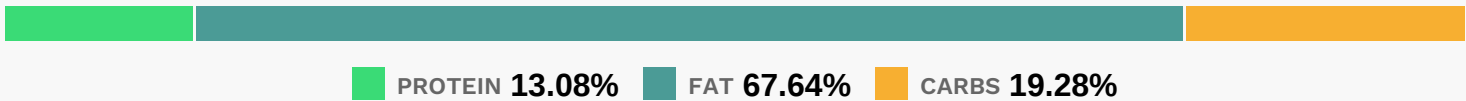
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ muffin liners
- ☐ colander

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Cook noodles in a 6- to 8-quart pot of boiling salted water until al dente, about 5 minutes.
- ☐ Drain in a colander and rinse under cold water, then drain well.
- ☐ Melt butter in a 12-inch heavy skillet over moderate heat and brush muffin cups with some of butter.
- ☐ Add onions to skillet and cook, stirring occasionally, until well browned, about 20 minutes.
- ☐ Transfer onions to a large bowl and stir in noodles, sour cream, cottage cheese, and poppy seeds. Lightly beat eggs with salt and pepper, then stir into noodle mixture until combined well.
- ☐ Divide mixture among muffin cups and bake until puffed and golden, 20 to 25 minutes. Loosen edges of kugels with a thin knife and cool kugels in pan 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:5.41, Inflammation Score:-7, Nutrition Score:11.338695712712%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 407.12kcal (20.36%), Fat: 31.04g (47.75%), Saturated Fat: 16.65g (104.04%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 17.87g (6.5%), Sugar: 6.68g (7.42%), Cholesterol: 210.28mg (70.09%), Sodium: 606.62mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.5g (27.01%), Selenium: 26.12µg (37.31%), Phosphorus: 245.18mg (24.52%), Vitamin B2: 0.35mg (20.56%), Vitamin A: 1026.32IU (20.53%), Manganese: 0.33mg (16.33%), Calcium: 155.28mg (15.53%), Vitamin B5: 1.16mg (11.61%), Vitamin B6: 0.22mg (11.13%), Folate: 44.44µg (11.11%), Vitamin B12: 0.66µg (11.08%), Potassium: 315.39mg (9.01%), Zinc: 1.26mg (8.42%), Magnesium: 32.74mg (8.18%), Fiber: 2.04g (8.16%), Vitamin C: 6.37mg (7.72%), Vitamin E: 1.09mg (7.29%), Vitamin B1: 0.11mg (7.01%), Copper: 0.14mg (6.96%), Vitamin D: 1.03µg (6.87%), Iron: 1.19mg (6.61%), Vitamin K: 2.65µg (2.53%), Vitamin B3: 0.46mg (2.32%)