



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.

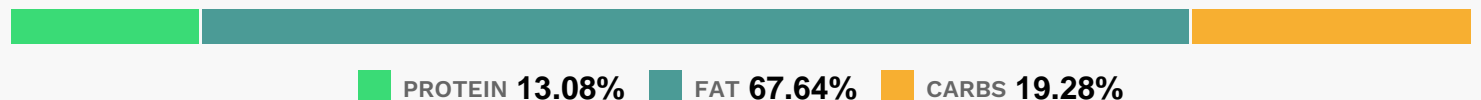
Melt butter in a 12-inch heavy skillet over moderate heat and brush muffin cups with some of butter.

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

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%)