



Chai Noodle Kugel



Vegetarian



Popular

READY IN



75 min.

SERVINGS



15

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tsp cardamom
- ☐ 0.8 tsp cinnamon
- ☐ 0.5 tsp cilantro leaves
- ☐ 1 cup cream cheese softened
- ☐ 6 large eggs
- ☐ 0.8 cup graham cracker crumbs
- ☐ 1 cup curd cottage cheese
- ☐ 2 cups cream sour

- ☐ 1 tsp ground ginger
- ☐ 0.3 tsp salt
- ☐ 2 tbsp sugar
- ☐ 2 tbsp butter unsalted melted
- ☐ 12 oz extra wide egg noodles

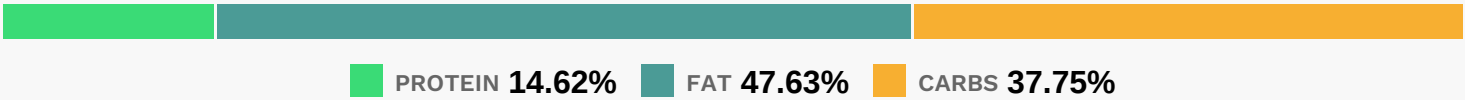
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Chai Noodle Kugel
- ☐ Kugel Ingredients12 oz wide egg noodles6 large eggs1 lb (2 cups) lowfat sour cream8 oz (1 cup) lowfat cottage cheese8 oz (1 cup) cream cheese, softened1 1/4 cups sugar1/4 cup unsalted butter, melted2 tsp cinnamon1 tsp powdered ginger1 tsp cardamom1/2 tsp cloves1/2 tsp coriander1/4 tsp salt
- ☐ Nonstick cooking oil spray
- ☐ Topping Ingredients3/4 cup graham cracker crumbs2 tbsp unsalted butter, melted2 tbsp sugar3/4 tsp cinnamon
- ☐ You will also needlarge pot, food processor or blender, 9x13 baking dish
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 60 Minutes
- ☐ Total Time: 75 Minutes
- ☐ Servings: 15
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:18.94, Glycemic Load:10.52, Inflammation Score:-4, Nutrition Score:7.8443477335184%

Nutrients (% of daily need)

Calories: 262.76kcal (13.14%), Fat: 13.94g (21.45%), Saturated Fat: 7.26g (45.36%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 23.86g (8.68%), Sugar: 4.08g (4.54%), Cholesterol: 125.92mg (41.97%), Sodium: 216.97mg (9.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.26%), Selenium: 27.72µg (39.6%), Phosphorus: 163.95mg (16.39%), Manganese: 0.3mg (15.09%), Vitamin B2: 0.22mg (12.81%), Vitamin A: 493.45IU (9.87%), Calcium: 94.44mg (9.44%), Vitamin B12: 0.47µg (7.82%), Zinc: 1.08mg (7.19%), Vitamin B5: 0.68mg (6.81%), Folate: 24.41µg (6.1%), Magnesium: 24.26mg (6.07%), Iron: 1.06mg (5.87%), Potassium: 194.07mg (5.54%), Vitamin B6: 0.11mg (5.48%), Vitamin B1: 0.08mg (5.07%), Copper: 0.1mg (4.83%), Fiber: 1.01g (4.06%), Vitamin E: 0.57mg (3.83%), Vitamin D: 0.57µg (3.81%), Vitamin B3: 0.71mg (3.57%)