



food
network

Cheese Noodles

READY IN



55 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup curd cottage cheese
- ☐ 6 ounce very egg noodles cooked fine
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 onion grated
- ☐ 1 cup parmesan grated
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon worcestershire sauce

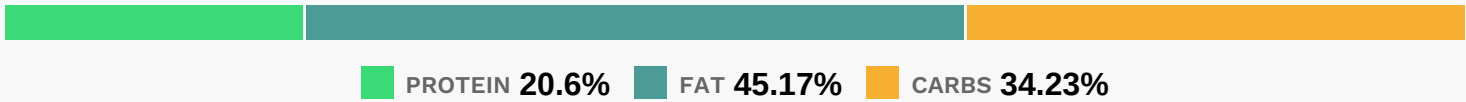
Equipment

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Mix together cottage cheese, sour cream, grated onion, Worcestershire sauce and garlic salt.
- ☐ Add noodles and place in greased casserole.
- ☐ Sprinkle top with grated Parmesan cheese.
- ☐ Bake for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:9.13, Inflammation Score:-4, Nutrition Score:9.1239130600639%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 288.83kcal (14.44%), Fat: 14.51g (22.33%), Saturated Fat: 7.55g (47.17%), Carbohydrates: 24.75g (8.25%), Net Carbohydrates: 23.66g (8.6%), Sugar: 3.4g (3.77%), Cholesterol: 63.71mg (21.24%), Sodium: 602.24mg (26.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.79%), Selenium: 30.95µg (44.22%), Calcium: 278.32mg (27.83%), Phosphorus: 272.03mg (27.2%), Manganese: 0.26mg (13.15%), Vitamin B2: 0.21mg (12.12%), Vitamin A: 436.53IU (8.73%), Zinc: 1.29mg (8.58%), Vitamin B12: 0.51µg (8.55%), Magnesium: 31.46mg (7.87%), Vitamin B5: 0.67mg (6.69%), Vitamin B6: 0.12mg (5.96%), Copper: 0.11mg (5.62%), Potassium: 190.25mg (5.44%), Vitamin B1: 0.08mg (5.12%), Iron: 0.8mg (4.45%), Folate: 17.71µg (4.43%), Fiber: 1.09g (4.37%), Vitamin B3: 0.73mg (3.64%), Vitamin E: 0.32mg (2.12%), Vitamin C: 1.15mg (1.4%), Vitamin D: 0.2µg (1.36%)