



Cheesy Potato Kugel



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb baking potatoes peeled
- ☐ 1 large onion
- ☐ 2 cups curd cottage cheese
- ☐ 2 cups mild cheddar cheese shredded
- ☐ 6 tablespoons chives fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 0.1 teaspoon nutmeg freshly ground
- ☐ 4 eggs beaten

☐ 1 serving salt and pepper to taste

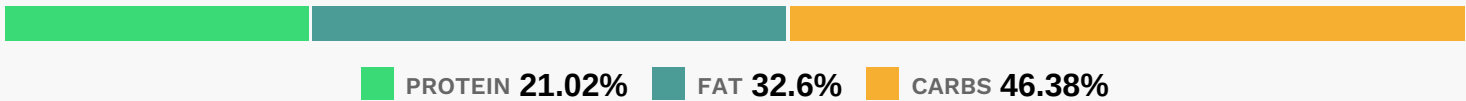
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan
- ☐ box grater

Directions

- ☐ Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Shred potatoes by rubbing them across the larger holes of a box grater. In large bowl, place shredded potatoes; cover with cold water.
- ☐ In separate large bowl, shred onion by rubbing across the larger holes of the box grater.
- ☐ Add cottage cheese, Cheddar cheese, 4 tablespoons of the chives, the garlic, nutmeg and eggs.
- ☐ Drain potatoes; rinse under running water.
- ☐ Drain well, using hands to press out as much excess water as possible.
- ☐ Add potatoes to cheese mixture in bowl; season with salt and pepper.
- ☐ Mix well; spoon into baking dish.
- ☐ Bake 1 hour or until golden brown; sprinkle with remaining chives.

Nutrition Facts



Properties

Glycemic Index:38.84, Glycemic Load:33.45, Inflammation Score:-6, Nutrition Score:17.989130445149%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg,

Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 391.27kcal (19.56%), Fat: 14.36g (22.09%), Saturated Fat: 7.16g (44.77%), Carbohydrates: 45.98g (15.33%), Net Carbohydrates: 42.62g (15.5%), Sugar: 3.95g (4.38%), Cholesterol: 119.69mg (39.9%), Sodium: 430.55mg (18.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.66%), Vitamin B6: 0.9mg (45.25%), Phosphorus: 396.05mg (39.6%), Potassium: 1095.27mg (31.29%), Selenium: 21.41µg (30.59%), Calcium: 296.92mg (29.69%), Vitamin B2: 0.4mg (23.59%), Manganese: 0.42mg (20.93%), Vitamin C: 15.97mg (19.36%), Magnesium: 70.11mg (17.53%), Vitamin B1: 0.23mg (15.4%), Folate: 60.79µg (15.2%), Zinc: 2.26mg (15.08%), Vitamin B5: 1.49mg (14.88%), Copper: 0.29mg (14.48%), Iron: 2.52mg (13.98%), Fiber: 3.35g (13.41%), Vitamin B3: 2.48mg (12.4%), Vitamin B12: 0.74µg (12.3%), Vitamin A: 581.68IU (11.63%), Vitamin K: 9.71µg (9.25%), Vitamin D: 0.67µg (4.44%), Vitamin E: 0.52mg (3.47%)