



 **12%**
HEALTH SCORE

Cheesy Potato Kugel

 **Vegetarian**  **Gluten Free**

READY IN



120 min.

SERVINGS



6

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 eggs
- 5 tablespoons olive oil
- 1 onion chopped
- 3 pounds potatoes shredded peeled
- 6 servings salt and pepper to taste
- 2.5 cups cheddar cheese shredded

Equipment

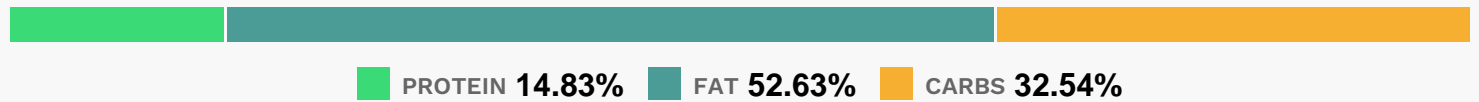
- bowl

- oven
- loaf pan
- colander

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.
- Place potatoes in a colander and squeeze out moisture.
- In a large bowl combine eggs, salt, pepper, oil and onion.
- Place potatoes and cheese in the bowl and mix well.
- Pour mixture into the prepared loaf pan.
- Bake at 350 degrees F (175 degrees C) for 1 hour. Raise heat to 450 degrees F (230 degrees C) and bake for 5 to 10 minutes until browned, serve hot.

Nutrition Facts



Properties

Glycemic Index:22.96, Glycemic Load:29.69, Inflammation Score:-7, Nutrition Score:20.906956423884%

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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 519.15kcal (25.96%), Fat: 30.69g (47.21%), Saturated Fat: 11.63g (72.72%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 37.39g (13.6%), Sugar: 2.81g (3.12%), Cholesterol: 156.2mg (52.07%), Sodium: 557.94mg (24.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.45g (38.9%), Vitamin C: 46.04mg (55.8%), Phosphorus: 408.31mg (40.83%), Vitamin B6: 0.77mg (38.67%), Calcium: 380.97mg (38.1%), Selenium: 23.1µg (33%), Potassium: 1058.47mg (30.24%), Vitamin B2: 0.42mg (24.66%), Fiber: 5.3g (21.2%), Manganese: 0.38mg (19.2%), Zinc: 2.8mg (18.64%), Magnesium: 70.23mg (17.56%), Folate: 63.44µg (15.86%), Vitamin E: 2.37mg (15.78%), Copper: 0.29mg (14.44%), Vitamin B1: 0.22mg (14.35%), Iron: 2.46mg (13.68%), Vitamin B5: 1.34mg (13.38%), Vitamin A: 635.08IU (12.7%), Vitamin B12: 0.76µg (12.67%), Vitamin B3: 2.46mg (12.29%), Vitamin K: 12.62µg (12.02%),

Vitamin D: 0.87µg (5.79%)