



Cinnamon-Raisin Noodle Pudding

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons cinnamon
- ☐ 3 large eggs lightly beaten
- ☐ 8 ounces cream cheese at room temperature reduced-fat
- ☐ 8 ounces cup heavy whipping cream sour reduced-fat
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 8 tablespoons butter unsalted melted (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 8 ounces wide egg noodles

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ ramekin

Directions

- ☐ Bring a large pot of water (not salted) to a boil and cook noodles according to package label directions until tender, about 9 minutes.
- ☐ Drain and rinse under cold water until cool.
- ☐ Drain again.
- ☐ Preheat oven to 350F; butter 6 8-oz. ramekins and place on a baking sheet.
- ☐ Spread pecans in a single layer on another baking sheet and bake, shaking pan once or twice, until lightly toasted and fragrant, 5 to 7 minutes.
- ☐ Transfer to a bowl and let cool.
- ☐ Remove 3 Tbsp. and set aside for garnish.
- ☐ In a large bowl, combine eggs, cream cheese, sour cream, butter, raisins, sugar, cinnamon, vanilla and salt until well mixed. Stir in noodles and pecans. Ladle mixture into ramekins and bake, uncovered, until top is golden brown, 45 to 50 minutes.
- ☐ Let stand 5 minutes. Top with reserved pecans; serve.

Nutrition Facts



Properties

Glycemic Index:9.39, Glycemic Load:8.43, Inflammation Score:-2, Nutrition Score:4.7339130367922%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 191.81kcal (9.59%), Fat: 11.68g (17.96%), Saturated Fat: 5.29g (33.03%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 17.31g (6.3%), Sugar: 6.11g (6.79%), Cholesterol: 59.56mg (19.85%), Sodium: 181.14mg (7.88%), Alcohol: 0.07g (100%), Alcohol %: 0.14% (100%), Protein: 4.36g (8.72%), Selenium: 12.31µg (17.59%), Manganese: 0.32mg (16.07%), Phosphorus: 82.96mg (8.3%), Vitamin A: 290IU (5.8%), Vitamin B2: 0.09mg (5.53%), Copper: 0.11mg (5.33%), Calcium: 47.81mg (4.78%), Fiber: 1.09g (4.37%), Vitamin B12: 0.26µg (4.35%), Zinc: 0.64mg (4.24%), Vitamin B1: 0.06mg (4.18%), Potassium: 139.14mg (3.98%), Magnesium: 15.78mg (3.95%), Vitamin B5: 0.36mg (3.58%), Iron: 0.59mg (3.27%), Vitamin B6: 0.06mg (3.02%), Folate: 11.4µg (2.85%), Vitamin E: 0.38mg (2.51%), Vitamin D: 0.32µg (2.16%), Vitamin B3: 0.36mg (1.8%)