

Classic Lukshen Noodle Kugel

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



9

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce extra wide egg noodles
- 3 eggs beaten
- 1 onion chopped
- 9 servings salt and pepper black to taste
- 0.3 cup vegetable oil divided

Equipment

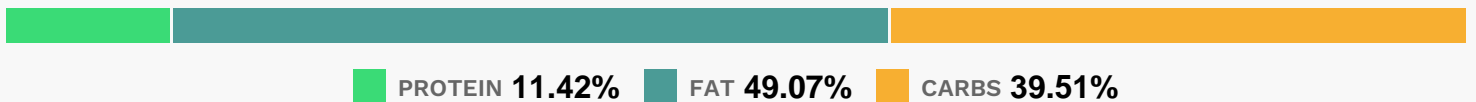
- bowl
- frying pan

- oven
- pot
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the egg noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes.
- Drain well in a colander set in the sink.
- Preheat an oven to 350 degrees F (175 degrees C).
- Heat 1 tablespoon of the vegetable oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is golden brown, 10 to 15 minutes more.
- Combine the noodles, onion, eggs, remaining vegetable oil, salt, and pepper in a large bowl.
- Pour mixture into an 8-inch square pan.
- Bake in the preheated oven until firm, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:7.89, Glycemic Load:7.79, Inflammation Score:-2, Nutrition Score:5.977391274079%

Flavonoids

Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 194kcal (9.7%), Fat: 10.6g (16.31%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 19.21g (6.4%), Net Carbohydrates: 18.17g (6.61%), Sugar: 1.05g (1.16%), Cholesterol: 75.73mg (25.24%), Sodium: 220.4mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Selenium: 24.42µg (34.89%), Vitamin K: 15.07µg (14.35%), Manganese: 0.24mg (11.79%), Phosphorus: 93.32mg (9.33%), Vitamin E: 0.91mg (6.07%), Vitamin B2:

0.09mg (5.47%), Vitamin B5: 0.47mg (4.7%), Vitamin B6: 0.09mg (4.7%), Zinc: 0.69mg (4.63%), Copper: 0.09mg (4.52%), Magnesium: 17.6mg (4.4%), Iron: 0.76mg (4.25%), Fiber: 1.04g (4.16%), Folate: 16.52µg (4.13%), Vitamin B1: 0.05mg (3.62%), Vitamin B12: 0.2µg (3.39%), Potassium: 99.61mg (2.85%), Vitamin B3: 0.55mg (2.77%), Vitamin D: 0.37µg (2.46%), Calcium: 19.96mg (2%), Vitamin A: 95.07IU (1.9%), Vitamin C: 0.9mg (1.1%)