

Coconut Kugel

 Vegetarian

READY IN



80 min.

SERVINGS



4

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 0.8 cup coconut or shredded
- 8 ounce extra wide egg noodles fine
- 4 eggs
- 3 cups milk
- 2 teaspoons vanilla extract
- 1 cup sugar white

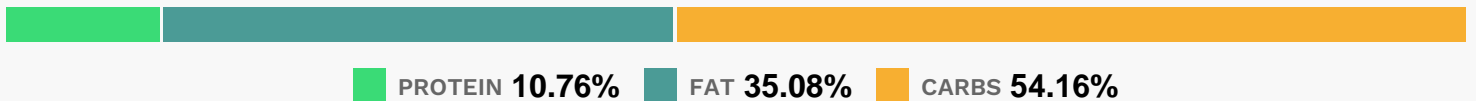
Equipment

- bowl
- oven
- pot
- baking pan
- 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). Butter a 9x13-inch baking dish.
- Beat the eggs, milk, sugar, and vanilla extract together in a bowl. Stir in the noodles.
- Pour the noodle mixture in the prepared baking pan.
- Pour the melted butter over the noodles, then top with the coconut.
- Bake in the preheated oven until the noodles are set and the coconut is golden brown, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:55.21, Inflammation Score:-6, Nutrition Score:20.009999948999%

Nutrients (% of daily need)

Calories: 743.53kcal (37.18%), Fat: 29.25g (45%), Saturated Fat: 17.2g (107.49%), Carbohydrates: 101.61g (33.87%), Net Carbohydrates: 98.39g (35.78%), Sugar: 61.13g (67.92%), Cholesterol: 263.77mg (87.92%), Sodium: 238.83mg (10.38%), Alcohol: 0.69g (100%), Alcohol %: 0.24% (100%), Protein: 20.2g (40.39%), Selenium: 63.62µg (90.89%), Phosphorus: 429.07mg (42.91%), Manganese: 0.74mg (36.8%), Vitamin B2: 0.52mg (30.82%), Calcium: 275.8mg (27.58%), Vitamin B12: 1.57µg (26.14%), Vitamin D: 3.06µg (20.42%), Vitamin B5: 1.94mg (19.36%), Vitamin A: 923.76IU (18.48%), Zinc: 2.59mg (17.28%), Magnesium: 65.45mg (16.36%), Vitamin B6: 0.32mg (15.9%), Potassium: 534.33mg (15.27%), Vitamin B1: 0.23mg (15.15%), Copper: 0.27mg (13.6%), Fiber: 3.22g (12.88%), Iron: 2.24mg (12.46%), Folate: 41.45µg (10.36%), Vitamin B3: 1.51mg (7.56%), Vitamin E: 1.13mg (7.52%), Vitamin K: 1.99µg (1.89%)