



Cottage Cheese-and-Noodle Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



314 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 5 cups extra wide egg noodles cooked
- 2 large egg whites lightly beaten
- 2 large eggs lightly beaten
- 0.5 teaspoon ground cinnamon
- 2 cups curd cottage cheese 1% low-fat
- 4 ounces neufchâtel cheese cut into small pieces
- 0.3 teaspoon pepper

- 1 teaspoon salt
- 0.5 teaspoon vanilla extract
- 8 ounce carton vanilla yogurt low-fat

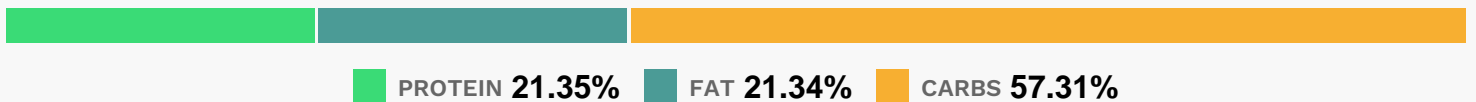
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 37
- Combine first 11 ingredients in a large bowl.
- Pour noodle mixture into a 13 x 9-inch baking dish coated with cooking spray.
- Cover; bake at 375 for 45 minutes or until almost set. Uncover, and bake an additional 10 minutes or until lightly browned.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:12.13, Inflammation Score:-3, Nutrition Score:9.4521738342617%

Nutrients (% of daily need)

Calories: 314.24kcal (15.71%), Fat: 7.44g (11.44%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 44.93g (14.98%), Net Carbohydrates: 43.65g (15.87%), Sugar: 19.78g (21.98%), Cholesterol: 89.67mg (29.89%), Sodium: 626.47mg (27.24%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 16.74g (33.47%), Selenium: 36.46µg (52.09%), Phosphorus: 236.27mg (23.63%), Manganese: 0.36mg (18.19%), Vitamin B2: 0.29mg (16.82%), Calcium: 132.25mg (13.23%), Vitamin B12: 0.76µg (12.62%), Zinc: 1.39mg (9.25%), Vitamin B5: 0.85mg (8.49%), Magnesium: 33.64mg (8.41%), Copper: 0.14mg (7.02%), Vitamin B6: 0.13mg (6.54%), Folate: 25.24µg (6.31%), Potassium: 221.01mg (6.31%), Iron: 1.06mg (5.89%), Fiber: 1.28g (5.13%), Vitamin A: 243.78IU (4.88%), Vitamin B1: 0.06mg (4.16%), Vitamin B3: 0.57mg (2.85%), Vitamin E: 0.37mg (2.49%), Vitamin D: 0.35µg (2.33%)