



Creamy Noodle Kugel

READY IN



90 min.

SERVINGS



15

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp butter melted
- ☐ 0.8 tsp cinnamon
- ☐ 6 eggs
- ☐ 0.8 cup graham cracker crumbs
- ☐ 0.5 cup curd cottage cheese
- ☐ 16 oz cream cheese
- ☐ 0.5 cup cream sour
- ☐ 16 oz pineapple chunks canned
- ☐ 1 large pot roast cut

- ☐ 0.5 cup raisins
- ☐ 2 tbsp sugar
- ☐ 1 tsp vanilla
- ☐ 16 oz extra wide egg noodles

Equipment

- ☐ food processor
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Creamy Noodle Kugel
- ☐ Kugel Ingredients1 bag (16 oz.) wide egg noodles2 tbsp unsalted butter1/2 cup raisins6 eggs1 tsp vanilla1 1/2 tsp cinnamon1 cup sugar (use 1 1/4 cup for a sweeter kugel)2 packages (8 oz. each) lowfat cream cheese1/2 cup lowfat cottage cheese1/2 cup lowfat sour cream1 can (16 oz.) pineapple chunks in juice
- ☐ Topping Ingredients3/4 cup graham cracker crumbs2 tbsp melted butter2 tbsp sugar3/4 tsp cinnamon
- ☐ You will also needlarge pot, 3 quart or 9x13 baking dish, food processor or blender
- ☐ Prep Time: 30 Minutes
- ☐ Cook Time: 1 Hour
- ☐ Total Time: 1 Hour 30 Minutes
- ☐ Servings: 12-15 servings
- ☐ Kosher Key: Dairy

Nutrition Facts



 PROTEIN **27.85%**  FAT **33.41%**  CARBS **38.74%**

Properties

Glycemic Index:21.93, Glycemic Load:14.53, Inflammation Score:-4, Nutrition Score:17.330869685049%

Nutrients (% of daily need)

Calories: 398.53kcal (19.93%), Fat: 14.7g (22.62%), Saturated Fat: 6.79g (42.46%), Carbohydrates: 38.35g (12.78%), Net Carbohydrates: 36.42g (13.24%), Sugar: 9.51g (10.57%), Cholesterol: 165.67mg (55.22%), Sodium: 267.4mg (11.63%), Alcohol: 0.1g (100%), Alcohol %: 0.06% (100%), Protein: 27.58g (55.16%), Selenium: 50.59µg (72.26%), Vitamin B12: 2.23µg (37.14%), Zinc: 5.43mg (36.21%), Phosphorus: 341.29mg (34.13%), Vitamin B6: 0.53mg (26.5%), Vitamin B3: 5.06mg (25.29%), Vitamin B2: 0.34mg (20.08%), Iron: 2.91mg (16.17%), Manganese: 0.31mg (15.75%), Potassium: 540.64mg (15.45%), Vitamin B5: 1.35mg (13.53%), Magnesium: 49.89mg (12.47%), Vitamin B1: 0.18mg (12.09%), Copper: 0.24mg (11.76%), Calcium: 104.79mg (10.48%), Folate: 38.23µg (9.56%), Fiber: 1.93g (7.73%), Vitamin A: 378.47IU (7.57%), Vitamin E: 0.69mg (4.57%), Vitamin D: 0.63µg (4.22%), Vitamin C: 3.18mg (3.85%), Vitamin K: 1.89µg (1.8%)