



Peach Noodle Kugel

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar
- 0.3 cup butter melted
- 1.5 teaspoon cinnamon
- 2 cups cornflakes crushed
- 16 ounces extra wide egg noodles cooked for half the cooking time
- 12 servings lemon zest
- 1.5 can peaches chopped (20 To 22 Ounces Total)
- 1.5 teaspoon salt

- 0.8 cups sugar
- 4 eggs whole beaten
- 2 cups milk whole

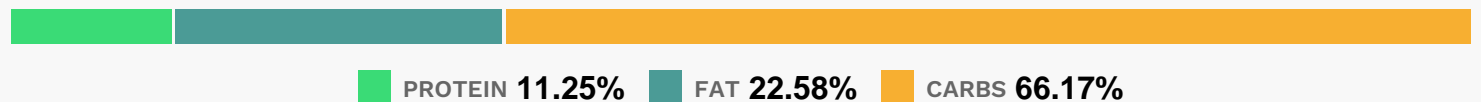
Equipment

- oven
- baking pan

Directions

- Cook and drain noodles.
- Add lemon zest and butter and toss to melt the butter.
- Pour in sugar, salt, and cinnamon. Stir to combine.
- Add beaten eggs, milk, and peaches. Stir to combine. Taste and adjust seasonings, adding more salt or sugar as needed.
- Pour noodles---including all the liquid---into a buttered 9 x 13-inch baking dish.
- Place the corn flakes into a large Ziploc bag. Crush them slightly. Melt butter and stir in brown sugar.
- Pour this in with the corn flakes and toss to combine.
- Sprinkle corn flakes over the top.
- Bake kugel for 45 minutes, or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.61, Glycemic Load:22.63, Inflammation Score:-5, Nutrition Score:11.485217260278%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin:

0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 330.02kcal (16.5%), Fat: 8.42g (12.95%), Saturated Fat: 4.11g (25.68%), Carbohydrates: 55.51g (18.5%), Net Carbohydrates: 53.14g (19.32%), Sugar: 24.63g (27.37%), Cholesterol: 101.36mg (33.79%), Sodium: 407.8mg (17.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.87%), Selenium: 36.77µg (52.53%), Manganese: 0.42mg (20.88%), Phosphorus: 179.35mg (17.94%), Vitamin B2: 0.25mg (14.65%), Iron: 2.57mg (14.29%), Vitamin B12: 0.7µg (11.69%), Vitamin B6: 0.23mg (11.56%), Vitamin B1: 0.17mg (11.25%), Vitamin A: 546.92IU (10.94%), Vitamin B3: 2.13mg (10.65%), Folate: 37.98µg (9.5%), Fiber: 2.37g (9.46%), Copper: 0.18mg (8.94%), Magnesium: 35.4mg (8.85%), Zinc: 1.27mg (8.44%), Vitamin B5: 0.83mg (8.27%), Calcium: 81.87mg (8.19%), Potassium: 256.13mg (7.32%), Vitamin D: 1.02µg (6.81%), Vitamin E: 0.83mg (5.53%), Vitamin C: 3.46mg (4.2%), Vitamin K: 2.38µg (2.27%)