



Hungarian Noodle Side Dish

READY IN



45 min.

SERVINGS



10

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cubes chicken bouillon
- 10.8 ounce cream of mushroom soup canned
- 2 cups curd cottage cheese
- 0.3 teaspoon garlic powder
- 0.5 cup onion chopped
- 1 pinch paprika
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper sauce hot
- 1 tablespoon poppy seeds

- 2 cups cup heavy whipping cream sour
- 0.3 cup water
- 16 ounce wide egg noodles
- 2 tablespoons worcestershire sauce

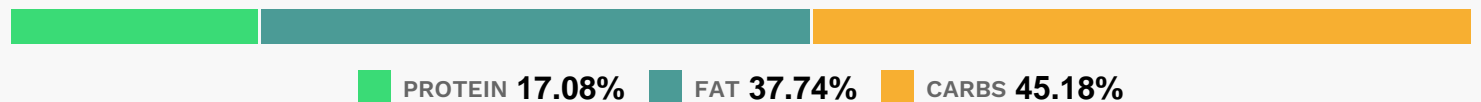
Equipment

- bowl
- pot
- slow cooker

Directions

- Cook egg noodles in a large pot with boiling salted water.
- Drain well.
- In a large bowl dissolve chicken bouillon cube in boiling water.
- Mix in the cream of mushroom soup, chopped onion, Worcestershire sauce, poppy seeds, garlic powder, and hot pepper sauce. Stir in cottage cheese, sour cream, and cooked egg noodles.
- Transfer to lightly greased slow cooker and sprinkle the top with parmesan cheese and paprika.
- Cover and cook on high for 3 to 4 hours.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.3, Glycemic Load:14.15, Inflammation Score:-4, Nutrition Score:11.421739189521%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin:

1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 349.51kcal (17.48%), Fat: 14.7g (22.61%), Saturated Fat: 6.76g (42.23%), Carbohydrates: 39.6g (13.2%), Net Carbohydrates: 37.72g (13.71%), Sugar: 4.34g (4.82%), Cholesterol: 76.62mg (25.54%), Sodium: 474.94mg (20.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.94%), Selenium: 42.9µg (61.29%), Manganese: 0.56mg (27.95%), Phosphorus: 253.38mg (25.34%), Calcium: 141.88mg (14.19%), Vitamin B2: 0.23mg (13.32%), Copper: 0.24mg (12.2%), Zinc: 1.74mg (11.61%), Magnesium: 42.04mg (10.51%), Vitamin B5: 0.9mg (9%), Potassium: 304.82mg (8.71%), Vitamin B12: 0.5µg (8.42%), Vitamin B6: 0.17mg (8.26%), Vitamin A: 407.54IU (8.15%), Iron: 1.44mg (8.01%), Vitamin B1: 0.12mg (7.96%), Fiber: 1.88g (7.52%), Vitamin B3: 1.36mg (6.8%), Folate: 26.2µg (6.55%), Vitamin E: 0.42mg (2.77%), Vitamin C: 1.53mg (1.86%), Vitamin D: 0.19µg (1.29%)