



Kugel

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter melted
- ☐ 16 ounce curd cottage cheese
- ☐ 8 ounce cream cheese softened
- ☐ 8 ounce extra wide egg noodles
- ☐ 6 eggs separated
- ☐ 0.3 cup graham cracker crumbs
- ☐ 1 pinch salt
- ☐ 4 tablespoons cup heavy whipping cream sour

☐ 0.3 cup sugar white

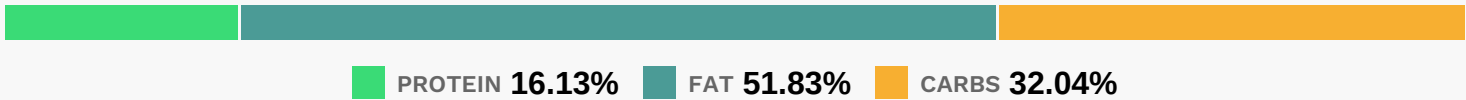
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch glass baking dish.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain and stir in 6 tablespoons sliced butter.
- ☐ In a medium bowl beat egg yolks with sugar and cream cheese; stir into noodles and add sour cream, cottage cheese and salt. Beat egg whites until stiff and fold into mixture.
- ☐ Transfer mixture to prepared dish.
- ☐ In a small bowl combine melted butter, 1/4 cup sugar, and graham cracker crumbs.
- ☐ Sprinkle over noodle mixture.
- ☐ Bake in preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:29.21, Glycemic Load:12.54, Inflammation Score:-4, Nutrition Score:8.8417391953585%

Nutrients (% of daily need)

Calories: 329.45kcal (16.47%), Fat: 19.04g (29.29%), Saturated Fat: 9.86g (61.64%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 25.63g (9.32%), Sugar: 8.39g (9.32%), Cholesterol: 162.75mg (54.25%), Sodium: 316.22mg (13.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Selenium: 32.59µg (46.56%), Phosphorus: 213.97mg (21.4%), Vitamin B2: 0.28mg (16.75%), Vitamin A: 694.56IU (13.89%), Manganese: 0.21mg (10.27%), Vitamin B5: 1.02mg (10.16%), Vitamin B12: 0.57µg (9.42%), Calcium: 90.83mg (9.08%), Zinc: 1.15mg

(7.64%), Folate: 28.21µg (7.05%), Vitamin B6: 0.13mg (6.62%), Magnesium: 24.24mg (6.06%), Iron: 1.07mg (5.96%), Copper: 0.11mg (5.28%), Potassium: 181.28mg (5.18%), Vitamin B1: 0.07mg (4.95%), Vitamin E: 0.74mg (4.94%), Vitamin D: 0.64µg (4.28%), Fiber: 0.84g (3.37%), Vitamin B3: 0.67mg (3.37%), Vitamin K: 1.13µg (1.08%)