



## Lasagna Noodle Kugel

 Vegetarian

READY IN



93 min.

SERVINGS



10

CALORIES



377 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 ounces cream cheese room temperature
- 6 ounces apricot dried coarsely chopped
- 4 ounces golden raisins
- 0.5 teaspoon kosher salt
- 8 ounces lasagne pasta sheets (9 to 10 noodles)
- 1 teaspoon nutmeg freshly grated
- 8 ounces cream sour room temperature
- 0.3 cup sugar

- 4 tablespoons butter unsalted cooled divided melted
- 1 teaspoon vanilla extract
- 4 eggs whole room temperature

## Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil
- cutting board
- pizza cutter
- glass baking pan

## Directions

- Spray an 8 by 8-inch glass baking dish with nonstick spray and set aside.
- Preheat the oven to 350 degrees F.
- Cook the noodles to al dente according to the package directions and drain.
- Place the noodles in a single layer on a cutting board and use a pizza cutter to slice into 1-inch wide strips. Toss the noodles and 1 tablespoon of the butter together in a medium bowl.
- Puree the remaining butter, cream cheese, sour cream, eggs, sugar, vanilla extract, and salt in a blender until thoroughly combined, 30 to 45 seconds.
- Pour the cream cheese mixture over the noodles, add the apricots and raisins, and stir to combine.
- Transfer the noodle mixture to the prepared pan and sprinkle with the remaining 2 tablespoons of sugar and the nutmeg. Cover with foil and bake for 35 minutes. Uncover and continue to bake until the pudding is set, slightly puffed, and golden around the edges, 15 to 20 minutes. Cool for 15 minutes before serving.

## Nutrition Facts



■ PROTEIN 8.42% ■ FAT 44.19% ■ CARBS 47.39%

## Properties

Glycemic Index:29.92, Glycemic Load:19.83, Inflammation Score:-7, Nutrition Score:8.97739129999941%

## Flavonoids

Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 376.85kcal (18.84%), Fat: 18.99g (29.22%), Saturated Fat: 10.43g (65.21%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 43.36g (15.77%), Sugar: 24.86g (27.62%), Cholesterol: 113.8mg (37.93%), Sodium: 224.68mg (9.77%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 8.14g (16.29%), Selenium: 23.08µg (32.97%), Vitamin A: 1294.1IU (25.88%), Manganese: 0.3mg (15.01%), Phosphorus: 146.13mg (14.61%), Vitamin B2: 0.22mg (13.07%), Potassium: 417.85mg (11.94%), Fiber: 2.46g (9.85%), Copper: 0.19mg (9.48%), Vitamin E: 1.37mg (9.14%), Calcium: 76.78mg (7.68%), Iron: 1.31mg (7.28%), Vitamin B6: 0.15mg (7.28%), Magnesium: 28.38mg (7.1%), Vitamin B5: 0.68mg (6.83%), Zinc: 0.85mg (5.66%), Vitamin B3: 1.02mg (5.09%), Folate: 18.12µg (4.53%), Vitamin B12: 0.26µg (4.39%), Vitamin D: 0.44µg (2.91%), Vitamin B1: 0.04mg (2.78%), Vitamin K: 2.21µg (2.1%)