



Lieblich Noodle Kugel

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 apples cored peeled sliced
- ☐ 3 tablespoons butter melted
- ☐ 8 ounce pineapple crushed undrained canned
- ☐ 24 ounce curd cottage cheese
- ☐ 4 teaspoons ground cinnamon
- ☐ 1 cup sugar white
- ☐ 16 ounce wide egg noodles
- ☐ 0.3 cup wine such as riesling dry white

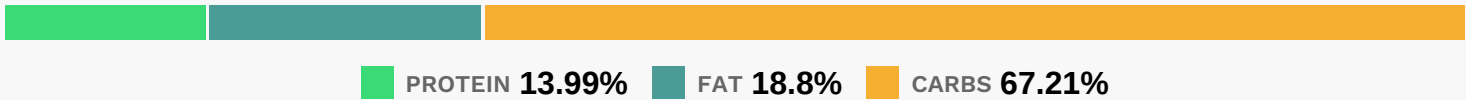
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Spray a 9x13-inch baking pan with cooking spray. Bring a large pot of water to a boil.
- ☐ Add the noodles, and cook until tender, about 6 minutes.
- ☐ Drain.
- ☐ Combine the cottage cheese, pineapple, and apples; set aside.
- ☐ Mix together the sugar and cinnamon in a small bowl, and set aside.
- ☐ Spread one-third of the noodles onto the bottom of the prepared pan.
- ☐ Spread with half of the cottage cheese mixture, and sprinkle with one-third of the cinnamon sugar.
- ☐ Layer with another third of the noodles, and the remaining cottage cheese.
- ☐ Sprinkle with another third of the cinnamon sugar and the remaining noodles.
- ☐ Mix together the white wine and melted butter; brush onto the noodles.
- ☐ Sprinkle with remaining cinnamon sugar. Cover with aluminum foil.
- ☐ Bake for 1 hour in the preheated oven, until apples are tender.

Nutrition Facts



Properties

Glycemic Index:16.21, Glycemic Load:20.56, Inflammation Score:-3, Nutrition Score:7.4108694973199%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 270.93kcal (13.55%), Fat: 5.71g (8.79%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 43.31g (15.75%), Sugar: 22.33g (24.82%), Cholesterol: 39.13mg (13.04%), Sodium: 168.26mg (7.32%), Alcohol: 0.42g (100%), Alcohol %: 0.33% (100%), Protein: 9.57g (19.14%), Selenium: 28.42µg (40.6%), Manganese: 0.38mg (18.75%), Phosphorus: 153.21mg (15.32%), Fiber: 2.64g (10.57%), Vitamin B2: 0.12mg (7.15%), Copper: 0.14mg (6.76%), Magnesium: 26.68mg (6.67%), Vitamin B6: 0.12mg (6.03%), Calcium: 60.03mg (6%), Vitamin B1: 0.09mg (5.85%), Potassium: 198.83mg (5.68%), Vitamin B5: 0.56mg (5.65%), Zinc: 0.82mg (5.44%), Vitamin B12: 0.29µg (4.79%), Vitamin C: 3.67mg (4.45%), Iron: 0.77mg (4.3%), Folate: 16.58µg (4.15%), Vitamin B3: 0.78mg (3.91%), Vitamin A: 187.56IU (3.75%), Vitamin E: 0.32mg (2.11%), Vitamin K: 1.69µg (1.61%)