



Lithuanian Kugela

READY IN



95 min.

SERVINGS



10

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon diced
- 6 eggs
- 12 ounce evaporated milk canned
- 0.5 cup flour
- 1 large onion grated
- 5 pounds russet potatoes finely grated
- 10 servings salt and pepper to taste

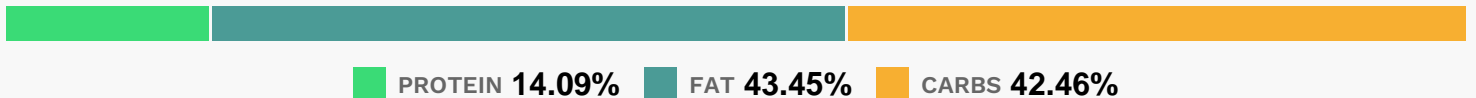
Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- stove

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- In a large skillet over medium heat, fry bacon pieces until crisp; remove to paper towels. Reserve half of bacon drippings, and set aside. Return skillet to stove; stir onions, and cook until soft and translucent.
- In a large bowl, stir together reserved drippings, bacon, onion, and potatoes.
- Mix in flour, evaporated milk, and eggs. Season with salt and pepper to taste.
- Pour into baking dish, and bake in a preheated oven until top is nicely brown, about 1 hour.
- Cut into squares, and serve with sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:35.99, Inflammation Score:-5, Nutrition Score:17.554782618647%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 480.75kcal (24.04%), Fat: 23.34g (35.91%), Saturated Fat: 8.49g (53.09%), Carbohydrates: 51.34g (17.11%), Net Carbohydrates: 47.97g (17.44%), Sugar: 5.57g (6.19%), Cholesterol: 138.01mg (46%), Sodium: 579.68mg (25.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.03g (34.06%), Vitamin B6: 0.99mg (49.29%), Potassium: 1203.69mg (34.39%), Phosphorus: 322.49mg (32.25%), Selenium: 21.1µg (30.15%), Vitamin B1: 0.39mg

(26.25%), Vitamin B3: 4.64mg (23.22%), Vitamin B2: 0.37mg (22.04%), Manganese: 0.43mg (21.65%), Magnesium: 71.82mg (17.95%), Vitamin C: 14.68mg (17.8%), Iron: 2.99mg (16.59%), Vitamin B5: 1.6mg (16.02%), Folate: 61.17µg (15.29%), Copper: 0.29mg (14.61%), Calcium: 139.83mg (13.98%), Fiber: 3.37g (13.49%), Zinc: 1.87mg (12.43%), Vitamin B12: 0.52µg (8.6%), Vitamin D: 0.74µg (4.96%), Vitamin A: 243.22IU (4.86%), Vitamin K: 4.44µg (4.23%), Vitamin E: 0.56mg (3.71%)