

Lithuanian Kugelis

 Gluten Free

READY IN



120 min.

SERVINGS



12

CALORIES



456 kcal

SIDE DISH

Ingredients

- 1 pound bacon diced
- 0.5 cup butter
- 6 eggs
- 12 fluid ounce evaporated milk canned
- 2 large onion diced
- 5 pounds baking potatoes shredded peeled

Equipment

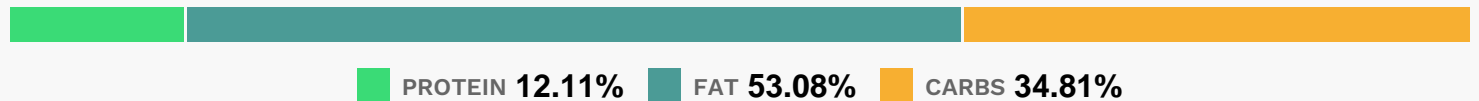
- oven

- dutch oven
- glass baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place bacon in a Dutch oven set over medium heat, cover, and cook until the bacon has softened and begun to release it's grease. Stir in the onion and cook until softened and translucent.
- Remove the cover, and continue cooking and stirring until the mixture caramelizes and turns a deep, golden brown.
- Remove from heat and stir in butter to melt.
- Stir shredded potatoes into the onion mixture, then stir in the evaporated milk and eggs until well combined.
- Pour into a 9x13-inch glass baking dish.
- Bake in preheated oven for 1 hour, or until golden on top.
- Remove and let stand for 10 minutes before slicing into 3x3-inch squares.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.48, Glycemic Load:27.38, Inflammation Score:-5, Nutrition Score:14.643478206966%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 456.13kcal (22.81%), Fat: 27.18g (41.81%), Saturated Fat: 11.99g (74.96%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 37.22g (13.54%), Sugar: 5.29g (5.88%), Cholesterol: 135.7mg (45.23%), Sodium: 384.08mg (16.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.91%), Vitamin B6: 0.84mg (41.75%), Potassium: 1021.69mg (29.19%), Phosphorus: 271.49mg (27.15%), Selenium: 16.01µg (22.87%), Vitamin B1: 0.29mg

(19.6%), Vitamin B3: 3.58mg (17.92%), Vitamin B2: 0.3mg (17.47%), Manganese: 0.34mg (17.05%), Vitamin C: 13.18mg (15.98%), Magnesium: 60.43mg (15.11%), Vitamin B5: 1.35mg (13.46%), Iron: 2.28mg (12.64%), Calcium: 123.98mg (12.4%), Copper: 0.24mg (12.04%), Fiber: 2.88g (11.53%), Folate: 44.2µg (11.05%), Zinc: 1.56mg (10.38%), Vitamin A: 442.21IU (8.84%), Vitamin B12: 0.45µg (7.47%), Vitamin E: 0.68mg (4.56%), Vitamin K: 4.41µg (4.2%), Vitamin D: 0.62µg (4.14%)