



Lokshin Kugel (Noodle Pudding)

 Vegetarian  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup bread crumbs dry
- 12 ounce extra wide egg noodles thin
- 4 eggs
- 6 onions diced
- 8 servings paprika to taste
- 8 servings salt and pepper to taste
- 0.1 cup vegetable oil for frying

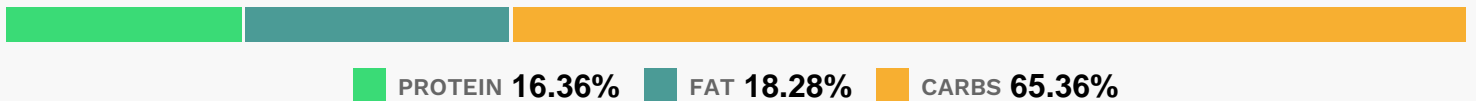
Equipment

- sauce pan
- oven
- mixing bowl
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9 x 13 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.
- While pasta is cooking, in medium saucepan, cook onions in oil over medium heat. Season with salt and pepper, and cook until brown and soft.
- In very large mixing bowl, combine pasta, onions, eggs, bread crumbs and salt and pepper to taste.
- Mix thoroughly.
- Pour into baking dish and sprinkle paprika over the top.
- Sprinkle with oil, if desired, and bake 50 to 60 minutes, until top is crispy and golden.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:14.48, Inflammation Score:-8, Nutrition Score:12.456086967302%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg

Nutrients (% of daily need)

Calories: 252.75kcal (12.64%), Fat: 5.18g (7.97%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 38.02g (13.83%), Sugar: 4.79g (5.33%), Cholesterol: 117.56mg (39.19%), Sodium: 263.33mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.87%), Selenium: 41.65µg (59.5%), Manganese: 0.54mg (26.97%), Vitamin A: 1131.9IU (22.64%), Phosphorus: 181.82mg (18.18%), Fiber: 3.66g (14.62%), Vitamin B6: 0.28mg (13.76%), Vitamin B2: 0.2mg (11.72%), Iron: 1.95mg (10.85%), Folate: 42.94µg (10.73%), Vitamin B1: 0.16mg (10.55%), Magnesium: 40.57mg (10.14%), Copper: 0.2mg (9.87%), Zinc: 1.38mg (9.18%), Vitamin B5: 0.9mg (8.95%), Potassium: 306.82mg (8.77%), Vitamin C: 6.12mg (7.42%), Vitamin B3: 1.43mg (7.15%), Vitamin E: 1.05mg (6.97%), Calcium: 57.05mg (5.71%), Vitamin B12: 0.33µg (5.52%), Vitamin D: 0.57µg (3.78%), Vitamin K: 3.69µg (3.51%)