



Microwave Apple Kugel

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



401 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 apples cored peeled finely chopped
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 0.5 cup curd cottage cheese
- ☐ 8 ounce extra wide egg noodles
- ☐ 3 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup raisins

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 tablespoons walnuts chopped
- ☐ 0.3 cup sugar white

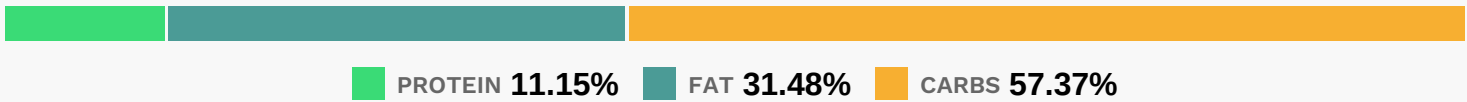
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ pot
- ☐ microwave
- ☐ colander
- ☐ glass baking pan

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the egg noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Grease an 8-inch square microwave-safe glass baking dish. Beat the eggs together in a mixing bowl. Stir in the cooked noodles, white sugar, chopped apples, sour cream, cottage cheese, cinnamon, salt, and raisins; mix until combined.
- ☐ Pour the mixture into the prepared dish.
- ☐ Microwave on medium high (70% power) for 7 minutes.
- ☐ Combine the brown sugar and chopped walnuts in a bowl, and cut in the butter to form a crumbly topping.
- ☐ Sprinkle the topping over the pudding. Return the pudding to the microwave and cook on medium high (70% power) until the pudding is firm in the center, 7 to 9 minutes.

Nutrition Facts



Properties

Glycemic Index:51.15, Glycemic Load:24.88, Inflammation Score:-4, Nutrition Score:11.21999992495%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 401.16kcal (20.06%), Fat: 14.39g (22.13%), Saturated Fat: 6.01g (37.54%), Carbohydrates: 58.99g (19.66%), Net Carbohydrates: 55.34g (20.12%), Sugar: 23.29g (25.88%), Cholesterol: 137.91mg (45.97%), Sodium: 328.23mg (14.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.92%), Selenium: 39.33µg (56.19%), Manganese: 0.55mg (27.5%), Phosphorus: 202.79mg (20.28%), Fiber: 3.65g (14.61%), Vitamin B2: 0.23mg (13.8%), Copper: 0.23mg (11.71%), Magnesium: 39.26mg (9.81%), Vitamin B6: 0.2mg (9.76%), Vitamin B5: 0.92mg (9.15%), Potassium: 318.96mg (9.11%), Vitamin A: 437.17IU (8.74%), Iron: 1.57mg (8.73%), Zinc: 1.3mg (8.65%), Calcium: 76.61mg (7.66%), Folate: 30.08µg (7.52%), Vitamin B1: 0.11mg (7.51%), Vitamin B12: 0.43µg (7.15%), Vitamin B3: 1.04mg (5.19%), Vitamin E: 0.71mg (4.71%), Vitamin C: 3.45mg (4.19%), Vitamin D: 0.57µg (3.81%), Vitamin K: 2.4µg (2.28%)