



Mom's Best" Noodle Kugel

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce carton cream fat-free sour
- ☐ 4 ounce carton egg substitute
- ☐ 12 ounces yolk-free egg noodles cooked uncooked
- ☐ 1 cup curd cottage cheese fat-free
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup raisins
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar

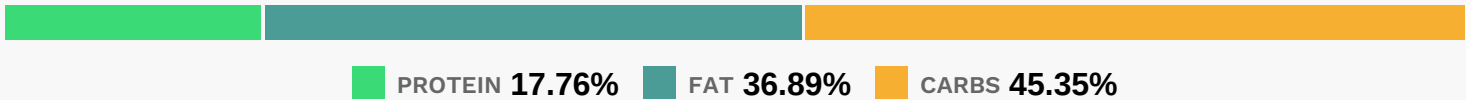
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Add the noodles, tossing gently to coat. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Combine 2 tablespoons sugar and cinnamon; sprinkle over noodle mixture.
- ☐ Bake at 350 for 45 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:14.1, Inflammation Score:-3, Nutrition Score:12.103478157002%

Nutrients (% of daily need)

Calories: 274.93kcal (13.75%), Fat: 11.48g (17.66%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 30.39g (11.05%), Sugar: 10.39g (11.55%), Cholesterol: 463.79mg (154.6%), Sodium: 198.87mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.87%), Selenium: 34µg (48.57%), Phosphorus: 270.41mg (27.04%), Vitamin B2: 0.42mg (24.73%), Vitamin B12: 1.09µg (18.21%), Folate: 70.57µg (17.64%), Vitamin D: 2.52µg (16.82%), Vitamin B5: 1.64mg (16.42%), Vitamin A: 720.38IU (14.41%), Calcium: 132.61mg (13.26%), Iron: 1.98mg (10.99%), Vitamin B6: 0.21mg (10.62%), Zinc: 1.43mg (9.53%), Vitamin E: 1.33mg (8.87%), Vitamin B1: 0.13mg (8.67%), Potassium: 302.61mg (8.65%), Manganese: 0.12mg (6.14%), Fiber: 1.37g (5.46%), Copper: 0.11mg (5.26%), Magnesium: 15.78mg (3.95%), Vitamin B3: 0.3mg (1.48%), Vitamin C: 1.06mg (1.28%)