



Noodle Kugel

READY IN



75 min.

SERVINGS



15

CALORIES



344 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz broad egg noodles rinsed cooked drained for passover (Kosher)
- 1 Tbsp cinnamon sugar
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 16 oz breakstone's cream sour
- 5 eggs beaten
- 1 Tbsp imitation vanilla
- 0.5 cup butter melted
- 1 cup sugar

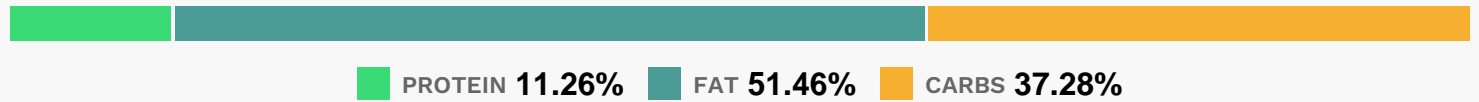
Equipment

- oven
- baking pan

Directions

- Heat oven to 350F.
- Mix all ingredients except noodles and cinnamon sugar until well blended. Stir in noodles.
- Spoon into 13x9-inch baking dish; sprinkle with cinnamon sugar.
- Bake 50 min. to 1 hour or until center is set. Cool at least 10 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:12.28, Glycemic Load:16.65, Inflammation Score:-5, Nutrition Score:7.0930434977231%

Nutrients (% of daily need)

Calories: 343.96kcal (17.2%), Fat: 19.76g (30.41%), Saturated Fat: 9.14g (57.13%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 31.46g (11.44%), Sugar: 16.4g (18.22%), Cholesterol: 108.99mg (36.33%), Sodium: 228.1mg (9.92%), Alcohol: 0.3g (100%), Alcohol %: 0.31% (100%), Protein: 9.73g (19.47%), Selenium: 26.09µg (37.27%), Vitamin A: 820.84IU (16.42%), Phosphorus: 143.55mg (14.36%), Vitamin B2: 0.2mg (11.79%), Manganese: 0.2mg (10.09%), Vitamin B12: 0.44µg (7.38%), Vitamin B5: 0.58mg (5.8%), Calcium: 57.06mg (5.71%), Vitamin D: 0.85µg (5.63%), Zinc: 0.81mg (5.43%), Vitamin B6: 0.11mg (5.3%), Vitamin E: 0.75mg (5.02%), Magnesium: 18.87mg (4.72%), Folate: 18.38µg (4.6%), Copper: 0.09mg (4.57%), Iron: 0.77mg (4.27%), Potassium: 135.06mg (3.86%), Vitamin B1: 0.06mg (3.84%), Fiber: 0.75g (2.99%), Vitamin B3: 0.55mg (2.75%), Vitamin K: 1.16µg (1.1%)