



Noodle Kugel

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 stick butter melted
- 1 pound curd cottage cheese
- 6 eggs
- 1 teaspoon ground cinnamon
- 0.5 pound extra wide egg noodles for passover egg noodles
- 0.5 cup raisins
- 2 cups cream sour
- 0.5 cup sugar

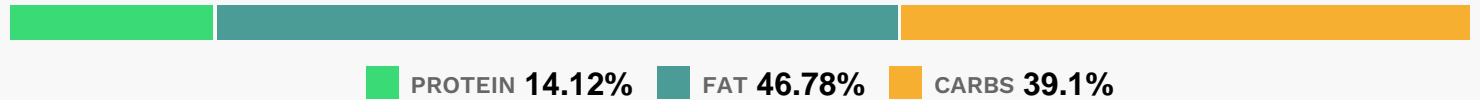
Equipment

- oven
- mixing bowl
- baking pan

Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F.
- Boil the noodles in salted water for about 4 minutes. Strain noodles from water. In a large mixing bowl, combine noodles with remaining ingredients and pour into a greased, approximately 9-by-13-inch baking dish.
- Bake until custard is set and top is golden brown, about 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:31.86, Glycemic Load:21.55, Inflammation Score:-5, Nutrition Score:11.860000035037%

Nutrients (% of daily need)

Calories: 451.67kcal (22.58%), Fat: 23.81g (36.63%), Saturated Fat: 11.8g (73.73%), Carbohydrates: 44.79g (14.93%), Net Carbohydrates: 43.1g (15.67%), Sugar: 16.61g (18.46%), Cholesterol: 205.32mg (68.44%), Sodium: 297.34mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.17g (32.33%), Selenium: 40.31µg (57.58%), Phosphorus: 276.17mg (27.62%), Vitamin B2: 0.39mg (22.75%), Manganese: 0.33mg (16.37%), Vitamin A: 810.61IU (16.21%), Calcium: 140.4mg (14.04%), Vitamin B5: 1.29mg (12.86%), Vitamin B12: 0.75µg (12.54%), Zinc: 1.42mg (9.43%), Potassium: 323.34mg (9.24%), Vitamin B6: 0.18mg (9.23%), Folate: 34.48µg (8.62%), Magnesium: 33.7mg (8.42%), Copper: 0.16mg (8.19%), Iron: 1.46mg (8.11%), Fiber: 1.68g (6.74%), Vitamin B1: 0.1mg (6.58%), Vitamin E: 0.88mg (5.9%), Vitamin D: 0.8µg (5.34%), Vitamin B3: 0.84mg (4.18%), Vitamin K: 1.68µg (1.6%), Vitamin C: 1.02mg (1.23%)