

Noodle Kugel

 Vegetarian

READY IN



65 min.

SERVINGS



15

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter melted
- 16 ounces curd cottage cheese 4%
- 1 pound extra wide egg noodles
- 8 eggs
- 0.8 cup graham cracker crumbs whole (4 crackers)
- 16 ounces cream sour
- 2 cups sugar

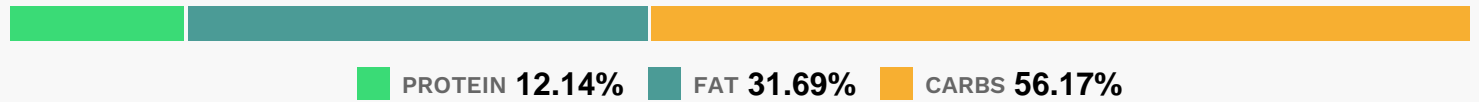
Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

Directions

- Cook noodles according to package directions; drain. Toss with butter; set aside. In a large bowl, beat the eggs, sugar, sour cream and cottage cheese until well blended. Stir in noodles.
- Transfer to a greased 13-in. x 9-in. baking dish.
- Combine the cracker crumbs and butter; sprinkle over top.
- Bake, uncovered, at 350° for 50–55 minutes or until a thermometer reads 160°.
- Let stand for 10 minutes before cutting.
- Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:30.2, Inflammation Score:-3, Nutrition Score:8.8460868817309%

Nutrients (% of daily need)

Calories: 379.74kcal (18.99%), Fat: 13.52g (20.8%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 53.9g (17.97%), Net Carbohydrates: 52.76g (19.19%), Sugar: 30.07g (33.42%), Cholesterol: 141.7mg (47.23%), Sodium: 190.25mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.65g (23.3%), Selenium: 35.27µg (50.39%), Phosphorus: 199.56mg (19.96%), Vitamin B2: 0.25mg (14.74%), Manganese: 0.27mg (13.51%), Vitamin B5: 0.91mg (9.09%), Vitamin A: 446.17IU (8.92%), Calcium: 83.62mg (8.36%), Vitamin B12: 0.49µg (8.25%), Zinc: 1.19mg (7.94%), Magnesium: 28.33mg (7.08%), Folate: 27.26µg (6.81%), Vitamin B6: 0.14mg (6.79%), Iron: 1.21mg (6.75%), Copper: 0.12mg (6.2%), Vitamin B1: 0.08mg (5.65%), Potassium: 184.06mg (5.26%), Fiber: 1.14g (4.56%), Vitamin B3: 0.87mg (4.35%), Vitamin D: 0.59µg (3.94%), Vitamin E: 0.56mg (3.75%)