



## Noodle Kugel

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups small-curd cottage cheese
- 3 cups cornflakes crushed
- 3 large eggs
- 1 pinch ground cinnamon
- 8 servings kosher salt
- 1 large onion chopped
- 0.5 teaspoon orange zest grated
- 8 servings pepper freshly ground

- 2 cups cup heavy whipping cream sour
- 1 tablespoon sugar
- 1 stick butter unsalted plus more for the dish
- 2 cups milk whole
- 12 ounces wide egg noodles

## Equipment

- food processor
- bowl
- frying pan
- oven
- pot
- baking pan

## Directions

- Preheat the oven to 350 degrees F. Butter a 3-quart baking dish. Melt 6 tablespoons butter in a large skillet over medium heat.
- Add the onion and 1/4 teaspoon sugar and cook until soft and golden brown, 8 to 10 minutes.
- Transfer to a large bowl, reserving the skillet.
- Meanwhile, bring a large pot of salted water to a boil; add the noodles and cook until al dente, about 6 minutes.
- Drain the noodles and add to the bowl with the onion mixture; season with salt and pepper.
- Pulse the eggs, cottage cheese, sour cream, milk, cinnamon, orange zest, the remaining 1 tablespoon sugar and 1 teaspoon salt in a food processor until smooth.
- Add to the noodles and toss, then transfer the mixture to the prepared dish. Melt the remaining 2 tablespoons butter in the skillet over medium heat, add the cornflakes and toss.
- Sprinkle over the pasta and bake until just set, 35 to 40 minutes.
- Let rest 10 minutes before serving.
- Photograph by Con Poulos

## Nutrition Facts

PROTEIN 13.86% FAT 49.96% CARBS 36.18%

## Properties

Glycemic Index:30.39, Glycemic Load:15.76, Inflammation Score:-7, Nutrition Score:18.521304389705%

## Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

## Nutrients (% of daily need)

Calories: 548.4kcal (27.42%), Fat: 30.73g (47.28%), Saturated Fat: 16.28g (101.75%), Carbohydrates: 50.06g (16.69%), Net Carbohydrates: 47.94g (17.43%), Sugar: 10.57g (11.75%), Cholesterol: 186.69mg (62.23%), Sodium: 527.22mg (22.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.37%), Selenium: 49.16µg (70.22%), Phosphorus: 354.49mg (35.45%), Vitamin B2: 0.57mg (33.35%), Vitamin B12: 1.53µg (25.54%), Vitamin A: 1205.79IU (24.12%), Iron: 4.31mg (23.93%), Manganese: 0.44mg (21.94%), Calcium: 214.64mg (21.46%), Vitamin B6: 0.42mg (21.1%), Vitamin B1: 0.29mg (19.4%), Folate: 72.9µg (18.23%), Vitamin B3: 2.99mg (14.95%), Vitamin B5: 1.48mg (14.75%), Magnesium: 50.98mg (12.74%), Zinc: 1.88mg (12.51%), Vitamin D: 1.82µg (12.13%), Potassium: 401.95mg (11.48%), Copper: 0.2mg (9.96%), Fiber: 2.12g (8.48%), Vitamin E: 0.99mg (6.63%), Vitamin C: 4.28mg (5.19%), Vitamin K: 2.55µg (2.43%)