



Noodle Kugel

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 extra large eggs
- ☐ 1 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 cups half-and-half
- ☐ 1.5 tablespoons kosher salt
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 cup ricotta cheese

- ☐ 2 teaspoons vanilla extract pure
- ☐ 1 pound wide egg noodles

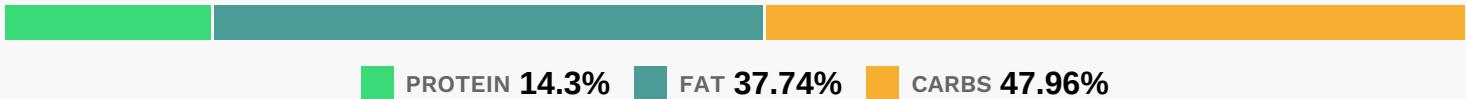
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Butter a 10 by 13 by 2 1/4-inch baking dish.
- ☐ Drizzle some oil into a large pot of boiling salted water. Cook the noodles for 6 to 8 minutes, until tender.
- ☐ Drain.
- ☐ In a large bowl, whisk together the eggs, half-and-half, brown sugar, vanilla, cinnamon, salt, and pepper. Stir in the ricotta and raisins.
- ☐ Add the drained noodles.
- ☐ Pour the noodle mixture into the baking dish.
- ☐ Place the filled dish in a larger pan and pour in enough hot water to come halfway up the sides. Cover the entire assembly with aluminum foil.
- ☐ Bake for 45 minutes, then remove the foil and bake for another 45 minutes, or until the custard is just set.

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:19.99, Inflammation Score:-5, Nutrition Score:14.185217551563%

Flavonoids

Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 451.67kcal (22.58%), Fat: 19.1g (29.38%), Saturated Fat: 10.3g (64.36%), Carbohydrates: 54.62g (18.21%), Net Carbohydrates: 52.46g (19.08%), Sugar: 19.04g (21.16%), Cholesterol: 188.79mg (62.93%), Sodium: 1179.01mg (51.26%), Alcohol: 0.28g (100%), Alcohol %: 0.16% (100%), Protein: 16.29g (32.57%), Selenium: 51.21µg (73.16%), Phosphorus: 313.06mg (31.31%), Vitamin B2: 0.43mg (25.51%), Manganese: 0.48mg (24.05%), Calcium: 200.9mg (20.09%), Zinc: 1.95mg (13.01%), Vitamin B6: 0.25mg (12.72%), Vitamin A: 633.2IU (12.66%), Vitamin B5: 1.21mg (12.05%), Potassium: 421.78mg (12.05%), Magnesium: 48mg (12%), Copper: 0.23mg (11.35%), Vitamin B12: 0.65µg (10.82%), Iron: 1.82mg (10.12%), Fiber: 2.16g (8.62%), Folate: 32.71µg (8.18%), Vitamin B1: 0.12mg (8.13%), Vitamin B3: 1.28mg (6.41%), Vitamin E: 0.75mg (5.01%), Vitamin D: 0.75µg (4.97%), Vitamin K: 2.54µg (2.42%), Vitamin C: 1.34mg (1.62%)