



Noodle Kugel with Cherries

READY IN



75 min.

SERVINGS



15

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz broad egg noodles rinsed cooked drained
- 0.5 cup butter melted (1 stick)
- 1 Tbsp cinnamon sugar
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 16 oz knudsen cream sour
- 0.5 cup cherries dried
- 5 eggs beaten
- 1 cup sugar
- 1 Tbsp vanilla

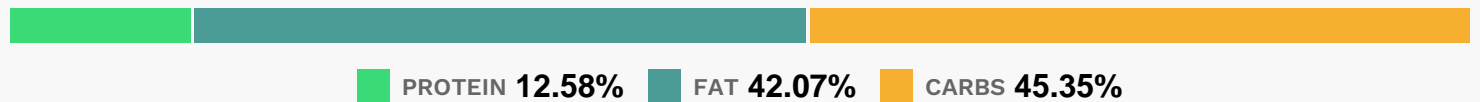
Equipment

- oven
- baking pan

Directions

- Mix all ingredients except noodles, cherries and cinnamon sugar until well blended.
- Add noodles and cherries; mix lightly.
- Spoon into 13x9-inch baking dish; sprinkle with cinnamon sugar.
- Bake at 350F for 50 minutes to 1 hour or until lightly browned. Cool at least 10 minutes; cut into squares.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.28, Glycemic Load:16.65, Inflammation Score:-5, Nutrition Score:7.0282608205857%

Nutrients (% of daily need)

Calories: 313.87kcal (15.69%), Fat: 14.71g (22.64%), Saturated Fat: 5.24g (32.75%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 34.56g (12.57%), Sugar: 18.64g (20.71%), Cholesterol: 92.66mg (30.89%), Sodium: 229.96mg (10%), Alcohol: 0.3g (100%), Alcohol %: 0.3% (100%), Protein: 9.9g (19.8%), Selenium: 26.3µg (37.57%), Phosphorus: 148.99mg (14.9%), Vitamin A: 708.15IU (14.16%), Vitamin B2: 0.19mg (11.44%), Manganese: 0.2mg (10.24%), Vitamin B12: 0.46µg (7.63%), Calcium: 71.28mg (7.13%), Vitamin B5: 0.61mg (6.05%), Zinc: 0.84mg (5.61%), Vitamin B6: 0.11mg (5.39%), Magnesium: 19.78mg (4.95%), Folate: 18.99µg (4.75%), Copper: 0.09mg (4.67%), Iron: 0.82mg (4.58%), Fiber: 1.13g (4.51%), Potassium: 144.13mg (4.12%), Vitamin E: 0.59mg (3.94%), Vitamin B1: 0.06mg (3.84%), Vitamin B3: 0.56mg (2.8%), Vitamin D: 0.36µg (2.41%)