






# Noodle Kugel with Pineapple-Gluten free, Dairy Free

 Dairy Free

READY IN  
  
45 min.

SERVINGS  
  
24

CALORIES  
  
328 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

## Ingredients

- 16 ounce rotini pasta gluten free
- 1 can pineapple chunks drained
- 1.5 cups coconut milk unsweetened (I use So Delicious brand)
- 0.5 cup coconut creamer (I use So Delicious brand)
- 4 tablespoons unrefined sunflower oil
- 10 egg yolk beaten
- 0.1 cup sugar (I use Epic Dental brand, sold online)

- 0.1 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg
- 2 tablespoons kosher salt boiling
- 24 cupcake liners
- 1 teaspoon cinnamon
- 2 tablespoons granulated sugar
- 0.5 tablespoon country crock buttery spread
- 0.5 brown rice flour red (I use Bob's Mill)

## Equipment

- bowl
- oven
- pot
- muffin liners
- measuring spoon

## Directions

- Preheat the oven temperature to 350 degrees F
- Fill a medium stockpot with water set over high heat. When water boils add 2 tablespoons kosher salt, then add pasta, stir well to prevent sticking.
- Stir occasionally, cook for 8-10 minutes.
- Let it sit in the water for a few minutes before transferring to a large glass, or heatproof bowl.
- Meanwhile prepare other ingredients.
- Pasta should cool off a bit during your preparation of the other ingredients.
- Add coconut milk, creamer, pineapple, sugar, xylitol, cinnamon, nutmeg, oil, combine well.
- Add egg yolks, stir to combine well.
- Prepare the crumble.
- Line 2 cupcake pans with cupcake liners.

- Add noodle mixture into the cupcake liners with a dry 1/4 cup measuring spoon, filling it over the top.
- Add any remaining liquid to each kugel that may look dry.
- With your fingers, sprinkle crumble over each (about 1/2 teaspoon for each).
- Bake for 40–45 minutes.
- Cool for 10 minutes before removing from cupcake pans.
- Remove liners before serving if you like.
- Serve hot or warm.

## Nutrition Facts



**PROTEIN 7.73%** **FAT 35.88%** **CARBS 56.39%**

## Properties

Glycemic Index:17.89, Glycemic Load:8.22, Inflammation Score:-2, Nutrition Score:7.5273913043478%

## Taste

Sweetness: 100%, Saltiness: 16.38%, Sourness: 23.29%, Bitterness: 16.73%, Savoriness: 17.85%, Fattiness: 45.53%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 328.05kcal (16.4%), Fat: 13.19g (20.3%), Saturated Fat: 5.14g (32.11%), Carbohydrates: 46.65g (15.55%), Net Carbohydrates: 45.27g (16.46%), Sugar: 22.59g (25.1%), Cholesterol: 81.86mg (27.29%), Sodium: 730.73mg (31.77%), Protein: 6.4g (12.79%), Selenium: 21.86µg (31.22%), Manganese: 0.41mg (20.53%), Phosphorus: 120.48mg (12.05%), Vitamin B2: 0.16mg (9.45%), Iron: 1.66mg (9.23%), Vitamin B1: 0.14mg (9.18%), Vitamin E: 1.29mg (8.6%), Folate: 33.9µg (8.47%), Calcium: 78.42mg (7.84%), Copper: 0.14mg (7.22%), Magnesium: 25.83mg (6.46%), Vitamin B3: 1.14mg (5.72%), Fiber: 1.38g (5.5%), Zinc: 0.69mg (4.58%), Potassium: 152.86mg (4.37%), Vitamin B6: 0.08mg (4.22%), Vitamin B5: 0.41mg (4.08%), Vitamin A: 154.1IU (3.08%), Vitamin B12: 0.18µg (3.01%), Vitamin C: 2.45mg (2.97%), Vitamin D: 0.41µg (2.7%), Vitamin K: 2.78µg (2.65%)