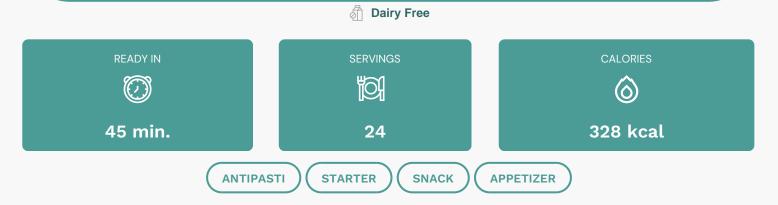


# Noodle Kugel with Pineapple-Gluten free, Dairy Free



## Ingredients

lo 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 (Luse 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)
Eq	juipment
	bowl
	oven
	pot
	muffin liners
	measuring spoon
Di	rections
	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%)