



Noodle Pudding with Farmer Cheese and Lingonberries

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

462 kcal

Ingredients

- ☐ 0.3 cup apple juice concentrate thawed
- ☐ 0.3 cup brown sugar
- ☐ 1 pinch cinnamon
- ☐ 8 ounces curd cottage cheese crumbled
- ☐ 0.5 cup percent fat whole
- ☐ 3 large eggs
- ☐ 1 pinch nutmeg
- ☐ 1 pinch salt
- ☐ 1 cup cup heavy whipping cream sour

- ☐ 1.5 teaspoons sugar mixed with 1 pinch cinnamon
- ☐ 4 tablespoons butter unsalted cold cut into pieces ()
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.8 cup cranberry sauce
- ☐ 8 ounces medium-wide egg noodles

Equipment

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

Directions

- ☐ Bring a large pot of water to a boil, add the noodles, and boil until cooked through but not mushy.
- ☐ Drain well and set aside.
- ☐ Preheat the oven to 350 degrees and butter an 8 by 8-inch baking dish.
- ☐ In a large bowl, whisk the eggs until frothy.
- ☐ Whisk in the cheese, brown sugar, sour cream, milk, salt, vanilla, cinnamon, nutmeg and apple juice concentrate.
- ☐ Add the drained noodles, butter pieces and lingonberry preserves and mix.
- ☐ Pour into the prepared pan, sprinkle with cinnamon sugar, and bake until the pudding is set and butter is bubbling around the edges, 30 to 40 minutes.
- ☐ Let cool 10 minutes before serving.
- ☐ Serve warm or at room temperature, cut into squares and top with a dollop of sour cream, if desired.

Nutrition Facts



 **PROTEIN 9.07%**  **FAT 55.03%**  **CARBS 35.9%**

Properties

Glycemic Index:32.11, Glycemic Load:9.64, Inflammation Score:-4, Nutrition Score:8.517391220383%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 461.89kcal (23.09%), Fat: 28.43g (43.73%), Saturated Fat: 12.97g (81.04%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 40.44g (14.71%), Sugar: 18.92g (21.02%), Cholesterol: 142.57mg (47.52%), Sodium: 140.01mg (6.09%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 10.55g (21.09%), Selenium: 32.21µg (46.01%), Phosphorus: 176.22mg (17.62%), Manganese: 0.29mg (14.31%), Vitamin B2: 0.22mg (12.67%), Vitamin A: 523.86IU (10.48%), Calcium: 82.3mg (8.23%), Vitamin B5: 0.82mg (8.21%), Vitamin B12: 0.44µg (7.39%), Zinc: 1.03mg (6.87%), Magnesium: 25.78mg (6.45%), Vitamin B6: 0.13mg (6.32%), Copper: 0.12mg (6.24%), Vitamin E: 0.92mg (6.12%), Vitamin D: 0.91µg (6.09%), Iron: 1.08mg (6%), Folate: 22.8µg (5.7%), Potassium: 187.4mg (5.35%), Fiber: 1.28g (5.12%), Vitamin B1: 0.08mg (5.03%), Vitamin B3: 0.71mg (3.55%), Vitamin K: 1.49µg (1.42%)