



Noodles Romanoff

READY IN



50 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 cup curd cottage cheese
- ☐ 8 ounce extra wide egg noodles
- ☐ 0.5 cup green onion sliced
- ☐ 0.5 cup olive sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 teaspoon worcestershire sauce

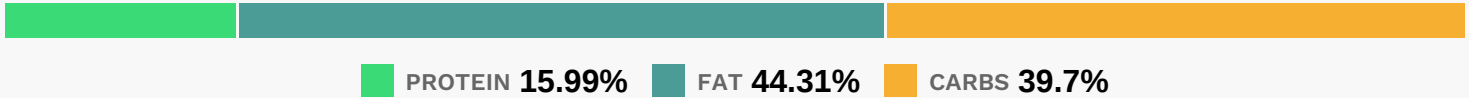
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook noodles according to package directions, omitting salt.
- ☐ Drain well.
- ☐ Combine noodles and all remaining ingredients, except cheddar cheese, stirring well. Spoon mixture into a lightly greased 11" x 7" baking dish. (Recipe may be prepared to this point and held, refrigerated and covered, for up to two days).2
- ☐ Bake, uncovered and 350F for 30–35 minutes.
- ☐ Sprinkle with shredded Cheddar cheese, and bake 5 more minutes, until cheese has melted.
- ☐ Sprinkle with parsley if using.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:11.82, Inflammation Score:-5, Nutrition Score:10.542608670566%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 313.65kcal (15.68%), Fat: 15.57g (23.95%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 29.54g (10.74%), Sugar: 3.34g (3.71%), Cholesterol: 69.73mg (23.24%), Sodium: 575.29mg (25.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.28%), Selenium: 37.42µg (53.46%), Phosphorus: 223.26mg (22.33%), Vitamin K: 18.44µg (17.56%), Manganese: 0.34mg (17.19%), Calcium: 160.67mg (16.07%), Vitamin B2: 0.21mg (12.13%), Vitamin A: 551.03IU (11.02%), Zinc: 1.38mg (9.19%), Magnesium: 34.2mg (8.55%), Copper: 0.16mg (7.76%), Fiber: 1.85g (7.39%), Vitamin B12: 0.44µg (7.34%), Vitamin B5: 0.72mg (7.16%),

Vitamin B6: 0.13mg (6.48%), Folate: 25.23µg (6.31%), Potassium: 220.4mg (6.3%), Vitamin B1: 0.09mg (6.13%),
Vitamin E: 0.87mg (5.81%), Iron: 1.02mg (5.67%), Vitamin B3: 0.95mg (4.75%), Vitamin C: 2.07mg (2.51%), Vitamin D:
0.2µg (1.37%)