



## Pineapple Kugel

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 ounce pineapple with juice crushed canned
- 6 eggs
- 1 teaspoon ground cinnamon
- 5 tablespoons butter unsalted melted
- 1.3 teaspoons vanilla extract
- 0.5 cup sugar white
- 8 ounce wide egg noodles

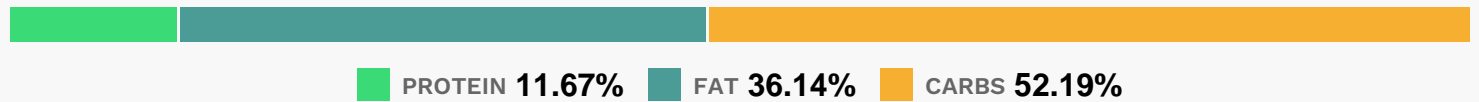
## Equipment

- oven
- baking pan

## Directions

- Boil noodles in boiling salted water just until softened; do not cook through. Rinse, and drain.
- Beat the eggs with the melted butter.
- Mix in sugar, crushed pineapple with juice, vanilla, and cinnamon. Stir in the noodles.
- Spread into a greased 9 x 13 inch baking pan.
- Place pineapple rings decoratively over the top.
- Place a cherry in the center of each ring if desired
- Bake at 350 degrees F (175 degrees C) for 50 minutes, or until golden.

## Nutrition Facts



## Properties

Glycemic Index:14.89, Glycemic Load:17.21, Inflammation Score:-3, Nutrition Score:8.1639131100281%

## Nutrients (% of daily need)

Calories: 286.34kcal (14.32%), Fat: 11.57g (17.8%), Saturated Fat: 5.87g (36.66%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 36.15g (13.15%), Sugar: 17.26g (19.18%), Cholesterol: 165.39mg (55.13%), Sodium: 54.27mg (2.36%), Alcohol: 0.22g (100%), Alcohol %: 0.24% (100%), Protein: 8.4g (16.8%), Selenium: 32.75µg (46.79%), Manganese: 0.3mg (14.88%), Phosphorus: 137.94mg (13.79%), Vitamin B2: 0.19mg (11.08%), Vitamin A: 429.35IU (8.59%), Vitamin B5: 0.78mg (7.75%), Copper: 0.14mg (7.09%), Vitamin B6: 0.14mg (6.97%), Iron: 1.23mg (6.81%), Zinc: 1.01mg (6.75%), Vitamin B12: 0.39µg (6.51%), Folate: 25.43µg (6.36%), Magnesium: 25.06mg (6.26%), Vitamin B1: 0.09mg (6.06%), Vitamin D: 0.88µg (5.84%), Fiber: 1.44g (5.75%), Vitamin E: 0.67mg (4.44%), Potassium: 154.22mg (4.41%), Calcium: 37.74mg (3.77%), Vitamin B3: 0.71mg (3.55%), Vitamin C: 2.67mg (3.24%), Vitamin K: 1.13µg (1.08%)