



Raisin Farfel Kugel

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

301 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 6 eggs beaten
- ☐ 2 tablespoons ground cinnamon
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar white
- ☐ 2 cups farfel
- ☐ 2 cups farfel

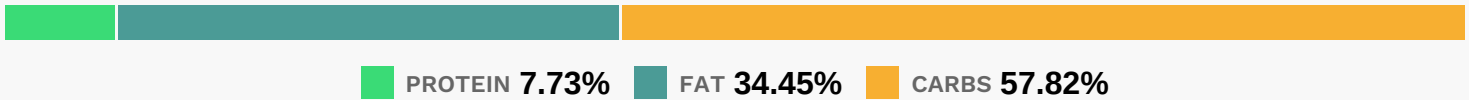
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking dish.
- ☐ Soak farfel in water 10 minutes.
- ☐ Drain.
- ☐ Add beaten eggs into the bowl of farfel, and let stand 10 minutes. Stir in raisins, salt, sugar, cinnamon, and butter.
- ☐ Transfer mixture to prepared dish.
- ☐ Bake at 350 degrees F (175 degrees C) for 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:30.65, Glycemic Load:28.4, Inflammation Score:-2, Nutrition Score:6.8534782943518%

Nutrients (% of daily need)

Calories: 300.53kcal (15.03%), Fat: 11.96g (18.4%), Saturated Fat: 6.21g (38.78%), Carbohydrates: 45.15g (15.05%), Net Carbohydrates: 42.92g (15.61%), Sugar: 33.49g (37.21%), Cholesterol: 183.75mg (61.25%), Sodium: 320.27mg (13.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.07%), Manganese: 0.51mg (25.61%), Selenium: 13.96µg (19.94%), Vitamin B2: 0.23mg (13.75%), Phosphorus: 100.13mg (10.01%), Vitamin A: 478.71IU (9.57%), Fiber: 2.24g (8.95%), Iron: 1.33mg (7.36%), Vitamin B5: 0.7mg (7%), Vitamin B12: 0.41µg (6.79%), Vitamin D: 0.88µg (5.87%), Calcium: 57.44mg (5.74%), Folate: 21.48µg (5.37%), Vitamin B6: 0.1mg (5.1%), Potassium: 174.85mg (5%), Vitamin E: 0.74mg (4.94%), Zinc: 0.65mg (4.34%), Copper: 0.08mg (3.98%), Magnesium: 10.7mg (2.67%), Vitamin B1: 0.03mg (2.15%), Vitamin K: 1.62µg (1.54%), Vitamin B3: 0.21mg (1.04%)