



Rum Raisin Cranberry Kugel



Vegetarian



Popular

READY IN



100 min.

SERVINGS



15

CALORIES



465 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 tsp allspice
- ☐ 0.5 cup brown sugar
- ☐ 1 tsp cinnamon
- ☐ 1 cup cream cheese softened (use lowfat if desired)
- ☐ 1.3 cup rum dark
- ☐ 6 large eggs
- ☐ 0.8 cup raisins
- ☐ 1 cup ricotta cheese (use lowfat if desired)

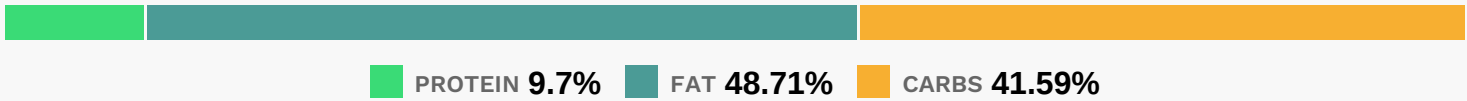
- ☐ 0.3 tsp salt
- ☐ 2 cups cream sour (use lowfat if desired)
- ☐ 0.8 cup cranberries dried sweetened
- ☐ 0.3 cup butter unsalted melted
- ☐ 1 tsp vanilla
- ☐ 0.8 cups walnut pieces chopped for nut allergies (optional- leave out)
- ☐ 0.5 cup granulated sugar white
- ☐ 12 oz extra wide egg noodles

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Rum Raisin Cranberry Kugel
- ☐ Ingredients3/4 cup raisins 3/4 cup dried sweetened cranberries1 1/4 cup dark rum12 oz. wide egg noodles6 large eggs2 cups sour cream (use lowfat if desired)1 cup ricotta (use lowfat if desired)1 cup cream cheese, softened (use lowfat if desired)1/2 cup white sugar1/2 cup brown sugar1/4 cup unsalted butter, melted1 tsp. vanilla1 tsp. cinnamon1/4 tsp. cloves1/4 tsp. allspice1/4 tsp. salt3/4 cups chopped walnuts (optional- leave out for nut allergies)Nonstick cooking oil spray
- ☐ Cinnamon and sugar for dusting, or the topping of your choice
- ☐ Total Time: 90 – 100 Minutes
- ☐ Servings: 15
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:18.79, Glycemic Load:14.94, Inflammation Score:-5, Nutrition Score:9.9199999285781%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 464.71kcal (23.24%), Fat: 23.22g (35.73%), Saturated Fat: 10.74g (67.13%), Carbohydrates: 44.61g (14.87%), Net Carbohydrates: 42.56g (15.47%), Sugar: 20.52g (22.8%), Cholesterol: 143.4mg (47.8%), Sodium: 148.09mg (6.44%), Alcohol: 6.78g (100%), Alcohol %: 5.28% (100%), Protein: 10.4g (20.81%), Selenium: 29.38µg (41.98%), Manganese: 0.48mg (24.07%), Phosphorus: 188.21mg (18.82%), Vitamin B2: 0.26mg (15.16%), Vitamin A: 686.33IU (13.73%), Calcium: 116.39mg (11.64%), Copper: 0.22mg (11.1%), Magnesium: 34.38mg (8.59%), Zinc: 1.28mg (8.53%), Fiber: 2.05g (8.21%), Vitamin B6: 0.16mg (8.11%), Vitamin B5: 0.8mg (8.02%), Iron: 1.35mg (7.47%), Potassium: 259.88mg (7.43%), Folate: 27.32µg (6.83%), Vitamin B12: 0.4µg (6.74%), Vitamin B1: 0.09mg (5.91%), Vitamin E: 0.82mg (5.46%), Vitamin B3: 0.75mg (3.73%), Vitamin D: 0.56µg (3.72%), Vitamin K: 2.07µg (1.97%)