



Salt and Pepper Kugel

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 16 ounce extra wide egg noodles
- ☐ 6 eggs
- ☐ 2 onions chopped
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt

Equipment

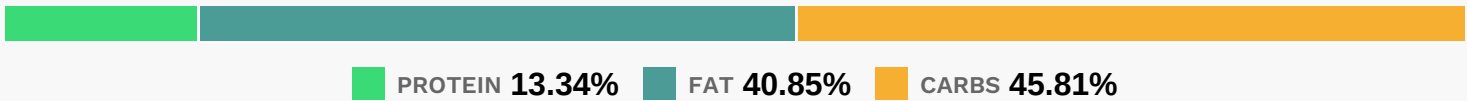
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the egg noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Heat the butter in a large skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is golden brown, 10 to 15 minutes more. Meanwhile, combine eggs, salt, and pepper in a large bowl. Stir in the noodles and onion.
- ☐ Pour noodle mixture into the prepared baking dish and cover with aluminum foil.
- ☐ Bake in the preheated oven until noodles are golden brown, 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:11.71, Inflammation Score:-4, Nutrition Score:8.2039130304171%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 252.18kcal (12.61%), Fat: 11.47g (17.64%), Saturated Fat: 6.01g (37.54%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 27.32g (9.94%), Sugar: 1.58g (1.75%), Cholesterol: 133.93mg (44.64%), Sodium: 294.55mg (12.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.85%), Selenium: 36.73µg (52.48%), Manganese: 0.37mg (18.74%), Phosphorus: 142.51mg (14.25%), Vitamin B2: 0.14mg (8.41%), Vitamin A: 379.88IU (7.6%), Vitamin B5: 0.72mg (7.17%), Vitamin B6: 0.14mg (7.09%), Zinc: 1.05mg (7.01%), Copper: 0.14mg (6.88%), Magnesium: 26.88mg (6.72%), Iron: 1.16mg (6.45%), Fiber: 1.6g (6.4%), Folate: 25.1µg (6.27%), Vitamin B1: 0.08mg (5.48%), Vitamin B12: 0.32µg (5.36%), Potassium: 153.88mg (4.4%), Vitamin B3: 0.84mg (4.19%), Vitamin E: 0.6mg (3.97%), Vitamin D: 0.55µg (3.69%), Calcium: 32.89mg (3.29%), Vitamin C: 1.36mg (1.64%), Vitamin K: 1.26µg (1.2%)