



Sour Cream Noodle Bake

READY IN



30 min.

SERVINGS



8

CALORIES



427 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 15 ounce tomato sauce canned
- ☐ 1.3 cups curd cottage cheese
- ☐ 8 servings top french for serving
- ☐ 8 ounces extra wide egg noodles
- ☐ 0.5 cup green onions sliced to taste (less)
- ☐ 1.3 pounds ground beef
- ☐ 1 pinch pepper flakes red
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sharp cheddar grated
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

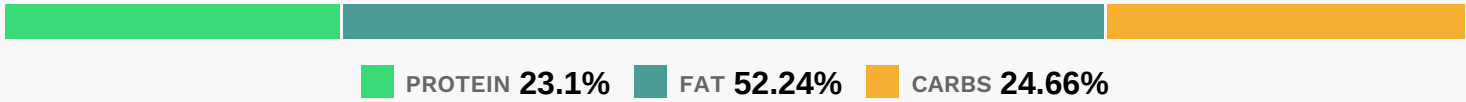
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Brown the ground chuck in a large skillet.
- ☐ Drain the fat, and then add the tomato sauce, 1/2 teaspoon salt and plenty of freshly ground black pepper. Stir, and then simmer while you prepare the other ingredients.
- ☐ Cook the egg noodles until al dente.
- ☐ Drain and set aside.
- ☐ In a medium bowl, combine the sour cream and cottage cheese.
- ☐ Add plenty of freshly ground black pepper and a pinch of red pepper flakes.
- ☐ Add to the noodles and stir.
- ☐ Add the green onions and stir.
- ☐ To assemble, add half of the noodles to a baking dish. Top with half the meat mixture, and then sprinkle on half the grated Cheddar. Repeat with noodles, meat and then a final layer of cheese.
- ☐ Bake until all the cheese is melted, about 20 minutes.
- ☐ Serve with crusty French bread.
- ☐ To freeze: Assemble the Sour Cream Noodle
- ☐ Bake in a disposable aluminum oven-proof pan and seal the top of the container with the lid or heavy foil. Seal the edges to prevent freezer burn and place in the freezer.

- ☐
- Place directly in a 375-degree F oven and bake, covered, for 45 minutes.
- ☐
- Remove the lid and bake until lightly brown and bubbly, about 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:10.31, Inflammation Score:-5, Nutrition Score:16.44304351703%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 427.34kcal (21.37%), Fat: 24.74g (38.07%), Saturated Fat: 10.57g (66.09%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 24.33g (8.85%), Sugar: 4.1g (4.55%), Cholesterol: 102.74mg (34.25%), Sodium: 666.05mg (28.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.62g (49.23%), Selenium: 41.58µg (59.39%), Phosphorus: 329.98mg (33%), Vitamin B12: 1.93µg (32.18%), Zinc: 4.37mg (29.12%), Vitamin B3: 4.26mg (21.29%), Vitamin B6: 0.38mg (18.98%), Vitamin B2: 0.32mg (18.74%), Calcium: 179.41mg (17.94%), Manganese: 0.34mg (16.93%), Vitamin K: 16.58µg (15.79%), Iron: 2.63mg (14.59%), Potassium: 504mg (14.4%), Vitamin A: 594.83IU (11.9%), Magnesium: 46.3mg (11.58%), Vitamin B5: 1.09mg (10.91%), Copper: 0.21mg (10.72%), Vitamin E: 1.39mg (9.28%), Vitamin B1: 0.12mg (7.91%), Folate: 31.28µg (7.82%), Fiber: 1.95g (7.79%), Vitamin C: 5.03mg (6.09%), Vitamin D: 0.28µg (1.84%)