



Spinach Kugel

READY IN



90 min.

SERVINGS



18

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 8 ounces butter melted
- ☐ 2 ounce onion soup mix dry
- ☐ 16 ounce extra wide egg noodles
- ☐ 6 eggs beaten
- ☐ 40 ounce pkt spinach frozen thawed drained chopped
- ☐ 16 ounce cup heavy whipping cream sour

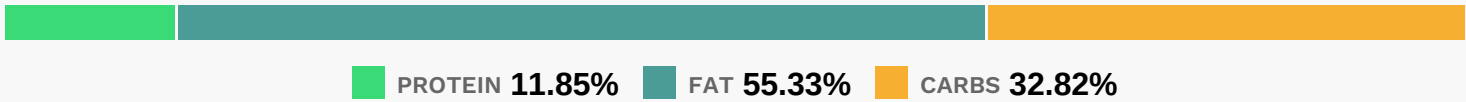
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- ☐ Fill a large pot with lightly salted water; bring to a rolling boil over high heat. Stir in the egg noodles, and return to a boil. Cook the pasta until cooked through, but is still firm to the bite, about 5 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Combine the eggs, melted butter, sour cream, soup mix, and pepper in a large bowl. Stir in the cooked noodles, and drained spinach. Spoon into prepared baking dish.
- ☐ Bake in preheated oven until hot and golden brown, about 60 minutes. Cover dish with aluminum foil if kugel begins to brown too quickly.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:7.55, Inflammation Score:-10, Nutrition Score:20.629565238953%

Nutrients (% of daily need)

Calories: 285.75kcal (14.29%), Fat: 17.99g (27.68%), Saturated Fat: 9.81g (61.3%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 21.12g (7.68%), Sugar: 1.95g (2.17%), Cholesterol: 117.68mg (39.23%), Sodium: 414.56mg (18.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Vitamin K: 236.01µg (224.77%), Vitamin A: 7955.02IU (159.1%), Selenium: 29.36µg (41.94%), Manganese: 0.7mg (35.05%), Folate: 107.46µg (26.86%), Magnesium: 68.48mg (17.12%), Vitamin B2: 0.29mg (16.84%), Vitamin E: 2.47mg (16.45%), Phosphorus: 149.64mg (14.96%), Calcium: 131.77mg (13.18%), Fiber: 2.89g (11.58%), Iron: 2mg (11.09%), Vitamin B6: 0.22mg (10.85%), Potassium: 358.41mg (10.24%), Copper: 0.19mg (9.66%), Vitamin B1: 0.12mg (8.17%), Zinc: 1.16mg (7.71%), Vitamin B5: 0.64mg (6.41%), Vitamin B3: 0.94mg (4.68%), Vitamin B12: 0.28µg (4.63%), Vitamin C: 3.8mg (4.6%), Vitamin D:

0.37μg (2.46%)