



Sweet Kugel

READY IN



45 min.

SERVINGS



12

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces extra wide egg noodles cooked uncooked
- ☐ 0.3 cup coarsely cornflakes crushed
- ☐ 8 ounce carton cream sour low-fat
- ☐ 32 ounce cartons egg substitute
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup curd cottage cheese 1% low-fat
- ☐ 2 tablespoons butter melted reduced-calorie
- ☐ 16 ounce peaches unsweetened drained sliced coarsely chopped canned
- ☐ 0.8 cup raisins

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

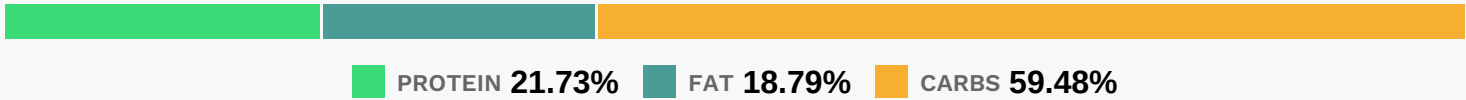
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 9 ingredients in a large bowl; stir well.
- ☐ Add noodles; toss gently to coat. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle cornflakes over noodle mixture; cover and bake at 350 for 30 minutes. Uncover and bake an additional 10 minutes.

Nutrition Facts



Properties

Glycemic Index:18.68, Glycemic Load:14.34, Inflammation Score:-6, Nutrition Score:12.969130427941%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 231.05kcal (11.55%), Fat: 4.97g (7.65%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 33.58g (12.21%), Sugar: 14.3g (15.88%), Cholesterol: 15.59mg (5.2%), Sodium: 371.16mg (16.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.94g (25.87%), Selenium: 41.73µg (59.61%), Vitamin B2:

0.48mg (28.35%), Iron: 3.99mg (22.15%), Vitamin B1: 0.22mg (14.55%), Vitamin B5: 1.45mg (14.5%), Vitamin B6: 0.27mg (13.74%), Phosphorus: 137.12mg (13.71%), Vitamin B12: 0.81µg (13.53%), Vitamin A: 575.01IU (11.5%), Vitamin E: 1.67mg (11.15%), Folate: 44.46µg (11.11%), Calcium: 103.63mg (10.36%), Potassium: 361.91mg (10.34%), Vitamin D: 1.51µg (10.08%), Vitamin B3: 1.84mg (9.21%), Manganese: 0.18mg (9.11%), Zinc: 1.26mg (8.43%), Fiber: 1.83g (7.32%), Magnesium: 28.61mg (7.15%), Copper: 0.12mg (6.19%), Vitamin C: 3.98mg (4.82%), Vitamin K: 1.45µg (1.38%)