



Sweet Lokshen Kugel



Vegetarian



Popular

READY IN



75 min.

SERVINGS



15

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup curd cottage cheese
- ☐ 1 cup cream cheese softened
- ☐ 6 large eggs
- ☐ 0.3 tsp salt
- ☐ 2 cups cream sour
- ☐ 1 cup sugar
- ☐ 0.3 cup butter unsalted melted
- ☐ 12 oz extra wide egg noodles

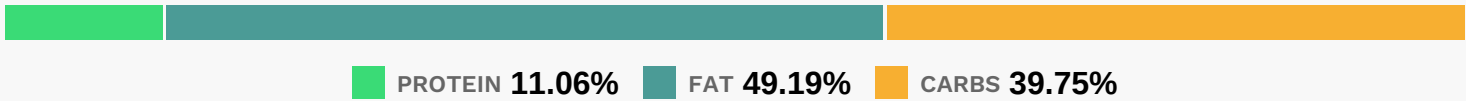
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Sweet Lokshen Kugel
- ☐ Ingredients1 cup raisins (optional)12 oz wide egg noodles6 large eggs1 lb sour cream (2 cups)8 oz cottage cheese (1 cup)8 oz cream cheese, softened (1 cup)1 cup sugar1/4 cup unsalted butter, melted1/4 tsp salt
- ☐ Cinnamon and sugar for dusting
- ☐ Nonstick cooking oil spray
- ☐ You will also needlarge pot, food processor or blender, 9x13 baking dish
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 60 Minutes
- ☐ Total Time: 75 Minutes
- ☐ Servings: 15
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:16.44, Inflammation Score:-4, Nutrition Score:7.3639130061087%

Nutrients (% of daily need)

Calories: 321.56kcal (16.08%), Fat: 17.78g (27.35%), Saturated Fat: 9.23g (57.7%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 31.57g (11.48%), Sugar: 15.8g (17.55%), Cholesterol: 137.34mg (45.78%), Sodium: 173.6mg (7.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9g (17.99%), Selenium: 27.92µg (39.89%), Phosphorus: 156.93mg (15.69%), Vitamin B2: 0.22mg (13.22%), Vitamin A: 630.5IU (12.61%), Manganese: 0.21mg (10.28%), Vitamin B5: 0.78mg (7.85%), Calcium: 77.48mg (7.75%), Vitamin B12: 0.41µg (6.8%), Zinc: 0.93mg (6.21%), Vitamin B6: 0.11mg (5.53%), Magnesium: 21.18mg (5.29%), Folate: 20.97µg (5.24%), Copper: 0.1mg (4.78%), Iron: 0.84mg (4.65%), Potassium: 156.99mg (4.49%), Vitamin E: 0.64mg (4.26%), Vitamin B1: 0.06mg (4.01%), Vitamin D: 0.54µg (3.59%), Fiber: 0.75g (2.99%), Vitamin B3: 0.55mg (2.75%), Vitamin K: 1.22µg (1.16%)