



## Sweet Noodle Kugel with Dried Cherries

 Vegetarian

READY IN



90 min.

SERVINGS



30

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 ounces cherries dried sour chopped
- 3 cups corn flakes crushed
- 2 cups whole-milk cottage cheese
- 4 large eggs plus 2 egg yolks beaten
- 2 cups heavy cream
- 0.5 cup pecan halves finely chopped
- 30 servings salt
- 0.8 cup sugar

- 3 tablespoons butter unsalted melted
- 1 vanilla pod
- 1 pound wide egg noodles

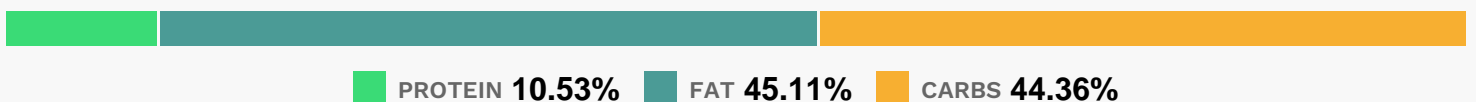
## Equipment

- bowl
- oven
- whisk
- pot
- baking pan

## Directions

- Preheat the oven to 35
- In a large pot of boiling salted water, cook the egg noodles until al dente.
- Drain the noodles, reserving 1 cup of the cooking water.
- Add the chopped sour cherries to the reserved cooking water and let stand for 5 minutes.
- In a large bowl, whisk the heavy cream with the cottage cheese, beaten eggs, egg yolks, 3/4 cup of the sugar and the vanilla seeds.
- Drain the dried cherries and add them to the bowl. Stir in the noodles.
- Pour the noodle mixture into a 9-by-13-inch ceramic baking dish.
- In another bowl, toss the crushed corn flakes with the chopped pecans, melted butter, a pinch of salt and the remaining 3 tablespoons of sugar. Scatter the corn-flake mixture over the noodles and bake in the center of the oven for about 45 minutes, until the noodle kugel is set and the topping is golden.
- Transfer the kugel to a rack and let cool slightly before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.04, Glycemic Load:8.16, Inflammation Score:-4, Nutrition Score:5.4160869795343%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 197.17kcal (9.86%), Fat: 10.02g (15.42%), Saturated Fat: 5.13g (32.05%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 21.08g (7.66%), Sugar: 8.44g (9.38%), Cholesterol: 60.68mg (20.23%), Sodium: 271.02mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Selenium: 15.46µg (22.09%), Manganese: 0.21mg (10.53%), Vitamin A: 516.5IU (10.33%), Phosphorus: 86.2mg (8.62%), Vitamin B2: 0.13mg (7.42%), Iron: 1.29mg (7.18%), Vitamin B1: 0.09mg (5.69%), Vitamin B12: 0.32µg (5.34%), Vitamin B6: 0.11mg (5.34%), Folate: 20.54µg (5.13%), Fiber: 1.1g (4.42%), Vitamin B3: 0.86mg (4.32%), Copper: 0.08mg (3.94%), Vitamin D: 0.56µg (3.72%), Zinc: 0.55mg (3.64%), Calcium: 36.4mg (3.64%), Magnesium: 14.32mg (3.58%), Vitamin B5: 0.35mg (3.52%), Potassium: 82.05mg (2.34%), Vitamin E: 0.33mg (2.21%)