



Sweet Potato Noodle Kugel

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



429 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apricot preserves
- 0.3 cup butter
- 8 ounces egg noodles made for passover
- 2 large egg whites
- 2 large eggs
- 0.5 cup heavy whipping cream sour reduced-fat
- 0.3 cup pecans toasted chopped
- 1 teaspoon salt

1.3 pounds sweet potatoes grated peeled (4 cups)

Equipment

bowl

frying pan

oven

aluminum foil

glass baking pan

Directions

Preheat oven to 35

Cook noodles according to package directions; drain and rinse with cold water.

Drain again, and set aside.

Meanwhile, melt butter in a large nonstick skillet over medium heat.

Add the sweet potatoes; saut until tender, 8 minutes.

Let cool 5 minutes.

Beat together eggs and egg whites in a large bowl.

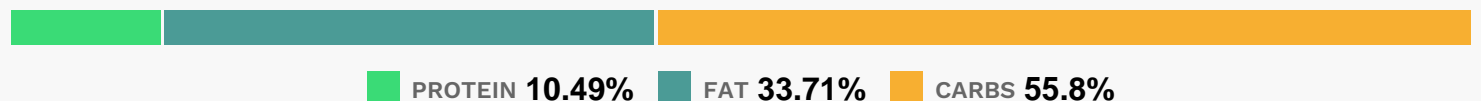
Add sour cream, jam, and salt; mix well.

Add the sweet-potato mixture; mix well. Stir in noodles.

Transfer mixture to an 8-inch square glass baking dish that has been coated with nonstick cooking spray; cover dish with foil.

Bake 30 minutes or until heated through. Top with pecans; let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:20.71, Inflammation Score:-10, Nutrition Score:17.634347988212%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 428.95kcal (21.45%), Fat: 16.34g (25.14%), Saturated Fat: 7.39g (46.21%), Carbohydrates: 60.85g (20.28%), Net Carbohydrates: 56.27g (20.46%), Sugar: 13.59g (15.09%), Cholesterol: 120.8mg (40.27%), Sodium: 574.03mg (24.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.88%), Vitamin A: 13862.12IU (277.24%), Selenium: 38.93µg (55.61%), Manganese: 0.79mg (39.31%), Phosphorus: 199.21mg (19.92%), Fiber: 4.58g (18.31%), Copper: 0.35mg (17.35%), Vitamin B6: 0.33mg (16.28%), Potassium: 528.41mg (15.1%), Vitamin B2: 0.25mg (14.86%), Vitamin B5: 1.43mg (14.31%), Magnesium: 57.16mg (14.29%), Vitamin B1: 0.18mg (12.21%), Zinc: 1.55mg (10.34%), Iron: 1.83mg (10.14%), Calcium: 88.34mg (8.83%), Folate: 33.22µg (8.3%), Vitamin B3: 1.42mg (7.11%), Vitamin E: 0.93mg (6.18%), Vitamin B12: 0.36µg (6.07%), Vitamin C: 4.23mg (5.12%), Vitamin D: 0.49µg (3.23%), Vitamin K: 2.86µg (2.72%)