



The Best Ever Classic Jewish Noodle Kugel

 Dairy Free

READY IN



70 min.

SERVINGS



15

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups apple sauce
- ☐ 16 ounce extra wide egg noodles
- ☐ 4 eggs beaten
- ☐ 0.5 cup butter
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

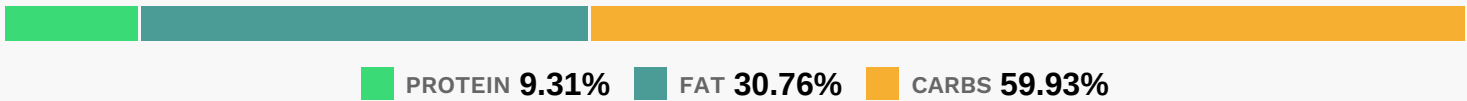
- ☐ bowl

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

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the egg noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Place noodles in a large bowl.
- ☐ Mix margarine into the noodles until melted. Stir in the eggs, sugar, applesauce, and vanilla extract.
- ☐ Pour noodle mixture into a 9x13 inch baking pan, then sprinkle with cinnamon. Cover baking pan with aluminum foil.
- ☐ Bake in the preheated oven for 30 minutes. Uncover the kugel and bake until golden brown, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:7.61, Glycemic Load:18.35, Inflammation Score:-3, Nutrition Score:5.9078260647214%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 249.65kcal (12.48%), Fat: 8.62g (13.26%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 36.51g (13.28%), Sugar: 16.24g (18.05%), Cholesterol: 69.05mg (23.02%), Sodium: 95.01mg (4.13%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 5.87g (11.74%), Selenium: 27.58µg (39.41%), Manganese: 0.27mg (13.45%), Phosphorus: 99.09mg (9.91%), Vitamin A: 359.84IU (7.2%), Vitamin B2: 0.09mg (5.51%), Copper: 0.11mg (5.3%), Fiber: 1.27g (5.07%), Magnesium: 19.94mg (4.98%), Zinc: 0.74mg (4.94%), Vitamin B5: 0.47mg (4.72%), Iron: 0.84mg (4.68%), Vitamin B6: 0.09mg (4.63%), Vitamin B1: 0.06mg (4.22%), Folate: 15.09µg (3.77%), Vitamin E: 0.51mg (3.39%), Vitamin B3: 0.67mg (3.34%), Vitamin B12: 0.2µg (3.33%), Potassium: 111.87mg (3.2%), Vitamin D: 0.33µg (2.17%), Calcium: 20.56mg (2.06%)