



## Traditional Apple Noodle Kugel

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup brown sugar to taste
- 16 ounce curd cottage cheese
- 8 ounce cream cheese softened
- 1 eggs
- 4 cups extra wide egg noodles
- 2 egg whites
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg

- 2 tart apples firm cored thinly sliced quartered
- 1 teaspoon vanilla extract

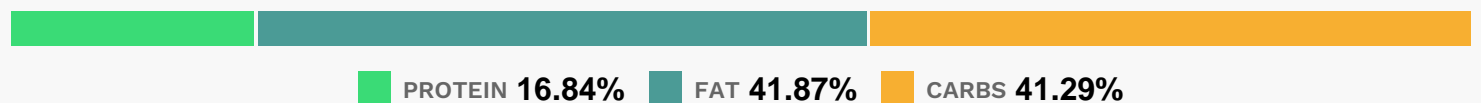
## Equipment

- bowl
- frying pan
- oven
- pot
- hand mixer

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8-inch square pan.
- Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 5 minutes.
- Drain.
- Beat cream cheese and brown sugar together in a bowl using an electric mixer until smooth and creamy; beat in cottage cheese, egg, egg whites, vanilla extract, cinnamon, and nutmeg until well combined. Fold noodles and apples into cheese mixture by hand; spread into the prepared pan.
- Bake in the preheated oven until kugel is lightly browned and firm, 45 to 50 minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.17, Glycemic Load:11.06, Inflammation Score:-5, Nutrition Score:10.189565243928%

## Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg  
Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,  
Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg  
Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg,  
Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

## **Nutrients (% of daily need)**

Calories: 388.5kcal (19.43%), Fat: 18.23g (28.04%), Saturated Fat: 9.5g (59.4%), Carbohydrates: 40.45g (13.48%),  
Net Carbohydrates: 38.05g (13.84%), Sugar: 19.33g (21.47%), Cholesterol: 99.59mg (33.2%), Sodium: 392.42mg  
(17.06%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 16.5g (33%), Selenium: 34.91µg (49.88%),  
Phosphorus: 245.08mg (24.51%), Vitamin B2: 0.33mg (19.23%), Manganese: 0.29mg (14.28%), Vitamin A: 702.13IU  
(14.04%), Calcium: 126.23mg (12.62%), Vitamin B5: 1.05mg (10.49%), Fiber: 2.4g (9.59%), Vitamin B12: 0.56µg  
(9.27%), Potassium: 295.85mg (8.45%), Vitamin B6: 0.15mg (7.64%), Magnesium: 30.31mg (7.58%), Zinc: 1.11mg  
(7.39%), Copper: 0.13mg (6.71%), Folate: 25.65µg (6.41%), Vitamin B1: 0.09mg (5.75%), Iron: 0.87mg (4.82%),  
Vitamin E: 0.67mg (4.46%), Vitamin B3: 0.73mg (3.64%), Vitamin C: 2.8mg (3.39%), Vitamin K: 2.33µg (2.22%),  
Vitamin D: 0.3µg (1.99%)