

# Vanilla Noodle Kugel

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 tsp cinnamon
- 8 oz cream cheese softened
- 1 lb extra wide egg noodles
- 4 eggs
- 0.8 cup cream sour
- 1.5 cups milk fine (any percentage is , except nonfat)
- 0.3 tsp salt
- 2 tbsp sugar

- 2 tbsp butter unsalted melted
- 1 tsp vanilla
- 1 cup vanilla pudding prepared

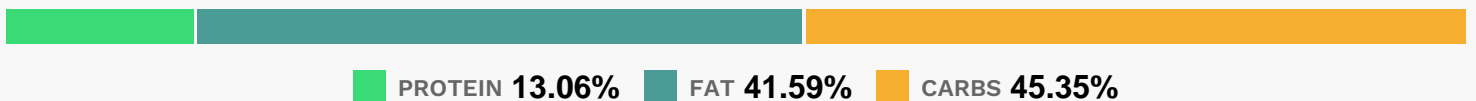
## Equipment

- mixing bowl
- baking pan
- hand mixer

## Directions

- Save Recipe
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- Vanilla Noodle Kugel
- Kugel Ingredients1 cup prepared vanilla pudding1 lb egg noodles8 oz cream cheese, softened3/4 cup sugar4 eggs1 1/2 cups milk (any percentage is fine, except nonfat)3/4 cup lowfat sour cream1 tsp vanilla1/4 tsp salt
- Topping Ingredients8 oz. vanilla wafer cookies (makes about 2 cups of crumbs)2 tbsp sugar1/2 tsp cinnamon2 tbsp unsalted butter, melted
- You will also need
- Electric mixer, 9x13 inch baking dish (or something close to that size), mixing bowls
- Prep Time: 45 Minutes
- Cook Time: 1 - 1 Hour 15 Minutes
- Servings: 9-12 servings
- Kosher Key: Dairy

## Nutrition Facts



## Properties

Glycemic Index:15.34, Glycemic Load:13.53, Inflammation Score:-4, Nutrition Score:9.1334781996582%

## Nutrients (% of daily need)

Calories: 303.01kcal (15.15%), Fat: 14.01g (21.55%), Saturated Fat: 7.46g (46.6%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 33.06g (12.02%), Sugar: 6.47g (7.19%), Cholesterol: 119.18mg (39.73%), Sodium: 172.04mg (7.48%), Alcohol: 0.12g (100%), Alcohol %: 0.12% (100%), Protein: 9.9g (19.79%), Selenium: 36.99µg (52.85%), Phosphorus: 182.07mg (18.21%), Manganese: 0.35mg (17.54%), Vitamin B2: 0.21mg (12.1%), Vitamin A: 512.48IU (10.25%), Calcium: 99.39mg (9.94%), Vitamin B12: 0.51µg (8.51%), Zinc: 1.21mg (8.08%), Vitamin B5: 0.79mg (7.94%), Magnesium: 30.64mg (7.66%), Vitamin B6: 0.14mg (6.95%), Copper: 0.13mg (6.52%), Vitamin B1: 0.1mg (6.5%), Potassium: 215.61mg (6.16%), Iron: 1.02mg (5.66%), Vitamin D: 0.81µg (5.38%), Folate: 21.21µg (5.3%), Fiber: 1.32g (5.26%), Vitamin B3: 0.87mg (4.34%), Vitamin E: 0.57mg (3.81%)