

Noodle Kugel

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Servings: 12

1 pound wide egg noodles
1/2 cup salted butter, cut into pieces
1 cup sugar
1/2 cup raisins
8 ounces crushed pineapple,
undrained
1 teaspoon salt
6 large eggs, beaten
Strawberries for garnish (optional)

Preparation Time: 10 minutes

Preheat the oven to 350 degrees.

Cook the egg noodles in a large pot of boiling, salted water until done. Drain and transfer to a large bowl.

Toss with the butter, sugar, raisins, pineapple and salt. Allow to cool slightly. Add the eggs to the noodle mixture, stirring to combine.

Transfer the noodle mixture to a 9x13-inch pan..

Bake until golden, 45 to 50 minutes, covering with foil for the last ten minutes to prevent overbrowning.

Allow to cool for about 15 minutes before cutting into squares.

Garnish with strawberries, if desired.

Start to Finish Time: 1 hour 15 minutes

Per Serving (excluding unknown items): 131 Calories; 3g Fat (16.9% calories from fat); 3g Protein; 25g Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 214mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fruit; 0 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	131	Vitamin B6 (mg):	.1mg
% Calories from Fat:	16.9%	Vitamin B12 (mcg):	.3mcg

% Calories from Carbohydrates:	73.0%
% Calories from Protein:	10.1%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	106mg
Carbohydrate (g):	25g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	214mg
Potassium (mg):	102mg
Calcium (mg):	20mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	130IU
Vitamin A (r.e.):	36RE

Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	13mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 131 **Calories from Fat:** 22

% Daily Values*

Total Fat 3g	4%
Saturated Fat 1g	4%
Cholesterol 106mg	35%
Sodium 214mg	9%
Total Carbohydrates 25g	8%
Dietary Fiber trace	1%
Protein 3g	
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Vitamin A	3%
Vitamin C	3%
Calcium	2%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.