

Butter Kugel

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

*1/2 pound egg noodles
3/4 cup cottage cheese
2 eggs, separated
1/2 cup butter, melted
1/2 teaspoon salt
2 tablespoons sugar
1/2 cup dairy sour cream
1/2 cup raisins
1/4 cup butter, melted*

Preheat the oven to 350 degrees.

Cook the noodles according to package directions. Drain.

in a bowl, combine the noodles with the cottage cheese.

In a bowl, beat the egg yolks with 1/2 cup of melted butter, the salt and sugar. Combine the egg yolk mixture, sour cream and raisins with the noodles. Mix well.

Beat the egg whites until stiff. Fold into the noodle mixture. Turn into a greased two-quart casserole dish. Pour 1/4 cup of melted butter over the surface.

Bake for 45 minutes.

Serve as a meat accompaniment or as a meatless main dish.

Per Serving (excluding unknown items): 2699 Calories; 161g Fat (52.9% calories from fat); 71g Protein; 251g Carbohydrate; 9g Dietary Fiber; 1026mg Cholesterol; 3356mg Sodium. Exchanges: 10 1/2 Grain(Starch); 5 Lean Meat; 4 Fruit; 28 1/2 Fat; 1 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	2699	Vitamin B6 (mg):	.7mg
% Calories from Fat:	52.9%	Vitamin B12 (mcg):	3.6mcg
% Calories from Carbohydrates:	36.6%	Thiamin B1 (mg):	2.6mg

% Calories from Protein: 10.4%
 Total Fat (g): 161g
 Saturated Fat (g): 93g
 Monounsaturated Fat (g): 47g
 Polyunsaturated Fat (g): 9g
 Cholesterol (mg): 1026mg
 Carbohydrate (g): 251g
 Dietary Fiber (g): 9g
 Protein (g): 71g
 Sodium (mg): 3356mg
 Potassium (mg): 1417mg
 Calcium (mg): 322mg
 Iron (mg): 14mg
 Zinc (mg): 6mg
 Vitamin C (mg): 2mg
 Vitamin A (i.u.): 5955IU
 Vitamin A (r.e.): 1505RE

Riboflavin B2 (mg): 2.0mg
 Folic Acid (mcg): 143mcg
 Niacin (mg): 19mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 10 1/2
 Lean Meat: 5
 Vegetable: 0
 Fruit: 4
 Non-Fat Milk: 0
 Fat: 28 1/2
 Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 2699 Calories from Fat: 1428

% Daily Values*

Total Fat	161g	248%
Saturated Fat	93g	466%
Cholesterol	1026mg	342%
Sodium	3356mg	140%
Total Carbohydrates	251g	84%
Dietary Fiber	9g	36%
Protein	71g	
Vitamin A		119%
Vitamin C		4%
Calcium		32%
Iron		79%

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