



## Babcha's Meat-Filled Varenyky (Perogies)

READY IN



70 min.

SERVINGS



24

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 eggs
- 8 cups flour all-purpose
- 2 cloves garlic minced
- 1 pinch salt and ground pepper black
- 2 pounds ground beef lean
- 0.5 cup milk
- 1 large onion minced
- 12 potatoes
- 4 teaspoons salt

- 1 cup water
- 1 tablespoon water or as needed

## Equipment

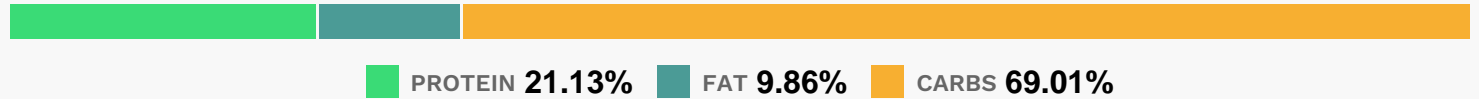
- bowl
- frying pan
- baking sheet
- whisk
- pot
- sieve
- plastic wrap
- cookie cutter
- slotted spoon
- colander

## Directions

- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- Drain.
- Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain in a sieve or colander and rinse off excess fat with hot water.
- Mash potatoes with milk in a bowl until smooth; stir in onion, garlic, 1 pinch salt, and pepper.
- Mix ground beef into potato mixture until filling is evenly combined.
- Whisk flour and 4 teaspoons salt together in a deep bowl; stir in 1 cup water and eggs until dough is soft. Turn dough onto a floured surface and knead until smooth, 1 to 2 minutes. Divide dough into 4 equal parts and arrange on a baking sheet; cover with a damp towel or plastic wrap and let stand for 10 minutes.
- Roll each piece of dough on a floured work surface until thin; cut into rounds using the rim of a large-mouth cup or large cookie cutter.

- Spoon 1 to 2 tablespoons filling onto each round. Fold dough over filling creating a 1/2 circle; press edges together, sealing with a dash of water if needed. Arrange varenyky in a single layer on plates and cover with a clean towel.
- Bring a pot of lightly salted water to a boil; cook 2 to 3 varenyky at a time in boiling water until cooked through and dough is puffed, about 4 minutes.
- Remove varenyky with a slotted spoon and repeat with remaining varenyky.

## Nutrition Facts



### Properties

Glycemic Index:11.91, Glycemic Load:36.87, Inflammation Score:-5, Nutrition Score:15.613043458565%

### Flavonoids

Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

### Nutrients (% of daily need)

Calories: 301.88kcal (15.09%), Fat: 3.26g (5.02%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 51.36g (17.12%), Net Carbohydrates: 47.78g (17.37%), Sugar: 1.48g (1.65%), Cholesterol: 51.33mg (17.11%), Sodium: 432.91mg (18.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.45%), Selenium: 23.44µg (33.48%), Vitamin B1: 0.44mg (29.13%), Vitamin B3: 5.68mg (28.4%), Vitamin C: 21.52mg (26.09%), Vitamin B6: 0.51mg (25.34%), Folate: 99.82µg (24.96%), Manganese: 0.47mg (23.35%), Iron: 3.81mg (21.18%), Phosphorus: 202.4mg (20.24%), Vitamin B2: 0.34mg (20.19%), Potassium: 651.74mg (18.62%), Zinc: 2.66mg (17.7%), Vitamin B12: 0.94µg (15.66%), Fiber: 3.58g (14.32%), Magnesium: 44.28mg (11.07%), Copper: 0.21mg (10.73%), Vitamin B5: 0.88mg (8.81%), Calcium: 35.25mg (3.53%), Vitamin K: 2.34µg (2.22%), Vitamin D: 0.24µg (1.6%), Vitamin E: 0.22mg (1.48%)