



Cheddar and Potato Pierogies

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



315 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 ounce baking potato peeled quartered
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 0.5 cup cheddar cheese shredded reduced-fat
- ☐ 0.5 teaspoon olive oil extra-virgin

- ☐ 0.8 cup onion diced red
- ☐ 0.8 cup cup heavy whipping cream light sour divided
- ☐ 2 tablespoons butter unsalted divided
- ☐ 12 cups water

Equipment

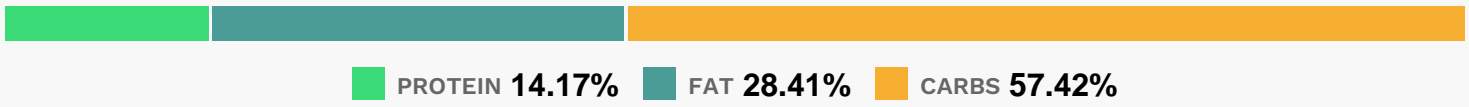
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ potato masher
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Place potato in a medium saucepan; cover with cold water. Bring to a boil. Reduce heat, and simmer 20 minutes; drain.
- ☐ Combine potato, cheddar cheese, 2 teaspoons butter, and 1/4 teaspoon salt in a bowl; mash with a potato masher.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and remaining 1/2 teaspoon salt in a medium bowl.
- ☐ Combine 1/2 cup sour cream and eggs in a small bowl, stirring with a whisk.
- ☐ Add sour cream mixture to flour mixture, stirring just until combined. Wrap dough in plastic wrap; refrigerate 30 minutes.
- ☐ Heat a small skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and garlic; saut 4 minutes. Stir onion mixture into potato mixture.

- ☐ Divide dough into 2 portions.
- ☐ Roll each portion to a 1/8-inch thickness on a lightly floured surface; cut with a 4-inch round cutter into 18 rounds. Working with 1 round at a time, spoon 1 tablespoon potato mixture onto each round. Fold dough over filling; press edges together to seal. Repeat with remaining dough and potato mixture.
- ☐ Bring 12 cups water to a boil in a large saucepan.
- ☐ Add half of pierogies; cook 2 minutes or until pierogies float.
- ☐ Remove cooked pierogies with a slotted spoon. Repeat procedure with remaining pierogies.
- ☐ Melt 2 teaspoons butter in a large nonstick skillet over medium-high heat.
- ☐ Add half of pierogies to pan; cook 2 minutes on each side or until golden brown.
- ☐ Remove from pan. Repeat procedure with remaining 2 teaspoons butter and remaining pierogies.
- ☐ Place 3 pierogies on each of 6 plates; top each serving with 2 teaspoons sour cream.
- ☐ Sprinkle evenly with parsley.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:30.25, Inflammation Score:-6, Nutrition Score:14.189999922462%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 315.01kcal (15.75%), Fat: 9.9g (15.23%), Saturated Fat: 5.36g (33.5%), Carbohydrates: 45.03g (15.01%), Net Carbohydrates: 42.85g (15.58%), Sugar: 1.46g (1.62%), Cholesterol: 84.07mg (28.02%), Sodium: 425.59mg (18.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.22%), Vitamin K: 42.85µg (40.81%), Selenium: 21.98µg (31.4%), Vitamin B1: 0.4mg (26.58%), Folate: 102.67µg (25.67%), Vitamin B2: 0.36mg (21.38%), Manganese: 0.41mg (20.55%), Phosphorus: 179.88mg (17.99%), Iron: 2.91mg (16.17%), Vitamin B3: 3.05mg (15.26%), Vitamin B6: 0.26mg (12.92%), Calcium: 126.7mg (12.67%), Copper: 0.22mg (10.92%), Potassium: 380.02mg (10.86%), Vitamin A: 531.97IU

(10.64%), Vitamin C: 8.07mg (9.78%), Fiber: 2.18g (8.73%), Magnesium: 34.75mg (8.69%), Zinc: 1.08mg (7.22%),
Vitamin B5: 0.64mg (6.43%), Vitamin B12: 0.32µg (5.39%), Vitamin E: 0.48mg (3.18%), Vitamin D: 0.47µg (3.13%)