



## Cottage Cheese Perogies

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1.8 cups curd cottage cheese
- 2 egg yolk
- 2 cups flour all-purpose
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 0.8 cup water cold

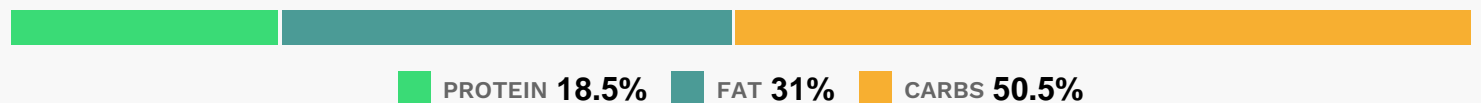
### Equipment

- bowl
- baking sheet
- wire rack
- pot
- cookie cutter
- slotted spoon

## Directions

- In a medium bowl, mix together the cottage cheese, egg yolks, and 3/4 teaspoon of salt. Set aside.
- In a separate bowl, mix together the flour, 1 teaspoon of salt, and baking powder.
- Pour in the vegetable oil and cold water, and mix or knead into a smooth dough.
- Roll dough out on a lightly floured surface, and cut into 3 inch circles using a glass, can, or cookie cutter.
- Place a spoonful of the cottage cheese filling onto each circle. Fold in half, and pinch the edges together to seal.
- Bring a large pot of lightly salted water to a boil. Carefully drop the perogies into the water, and cook for 3 to 4 minutes, or until they float.
- Remove from water with a slotted spoon, and place on a cooling rack set over a baking sheet to drain excess water.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:11.84, Inflammation Score:-2, Nutrition Score:4.8730434386627%

## Nutrients (% of daily need)

Calories: 137.92kcal (6.9%), Fat: 4.68g (7.2%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 16.6g (6.04%), Sugar: 0.95g (1.06%), Cholesterol: 38mg (12.67%), Sodium: 317.87mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.57%), Selenium: 11.94µg (17.06%), Vitamin B1: 0.18mg (11.85%), Folate: 46.46µg (11.61%), Vitamin B2: 0.17mg (10.15%), Phosphorus: 90.26mg (9.03%), Manganese: 0.14mg

(7.25%), Vitamin B3: 1.26mg (6.32%), Iron: 1.09mg (6.07%), Calcium: 44.71mg (4.47%), Vitamin K: 4.25µg (4.05%), Vitamin B5: 0.36mg (3.65%), Vitamin B12: 0.2µg (3.34%), Zinc: 0.35mg (2.32%), Fiber: 0.56g (2.25%), Copper: 0.04mg (2.22%), Vitamin E: 0.3mg (2.01%), Magnesium: 7.57mg (1.89%), Vitamin A: 89.4IU (1.79%), Vitamin B6: 0.03mg (1.74%), Potassium: 59.91mg (1.71%), Vitamin D: 0.19µg (1.3%)