



Grandma's Polish Perogies

 Vegetarian

READY IN



120 min.

SERVINGS



60

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 baking potatoes cubed peeled
- 2 tablespoons butter melted
- 1 egg yolk
- 2 eggs
- 4.5 cups flour all-purpose
- 2 tablespoons nacho cheese dip
- 2 teaspoons salt
- 60 servings salt and pepper to taste

- 1 cup cheddar cheese shredded
- 2 cups cream sour
- 2 tablespoons vegetable oil

Equipment

- bowl
- baking sheet
- whisk
- pot
- cookie cutter
- slotted spoon

Directions

- In a large bowl, stir together the flour and salt. In a separate bowl, whisk together the butter, sour cream, eggs, egg yolk and oil. Stir the wet ingredients into the flour until well blended. Cover the bowl with a towel, and let stand for 15 to 20 minutes.
- Place potatoes into a pot, and fill with enough water to cover. Bring to a boil, and cook until tender, about 15 minutes.
- Drain, and mash with shredded cheese and cheese sauce while still hot. Season with onion salt, salt and pepper. Set aside to cool.
- Separate the perogie dough into two balls.
- Roll out one piece at a time on a lightly floured surface until it is thin enough to work with, but not too thin so that it tears.
- Cut into circles using a cookie cutter, perogie cutter, or a glass.
- Brush a little water around the edges of the circles, and spoon some filling into the center. Fold the circles over into half-circles, and press to seal the edges.
- Place perogies on a cookie sheet, and freeze. Once frozen, transfer to freezer storage bags or containers.
- To cook perogies: Bring a large pot of lightly salted water to a boil. Drop perogies in one at a time. They are done when they float to the top. Do not boil too long, or they will be soggy!
- Remove with a slotted spoon.

Nutrition Facts

PROTEIN 10.77% FAT 33.36% CARBS 55.87%

Properties

Glycemic Index:3.95, Glycemic Load:9.22, Inflammation Score:-2, Nutrition Score:3.1943478532459%

Nutrients (% of daily need)

Calories: 90.81kcal (4.54%), Fat: 3.38g (5.2%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 12.12g (4.41%), Sugar: 0.5g (0.55%), Cholesterol: 16.15mg (5.38%), Sodium: 296.88mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Selenium: 4.73µg (6.76%), Vitamin B1: 0.1mg (6.67%), Folate: 23.13µg (5.78%), Manganese: 0.11mg (5.54%), Vitamin B6: 0.11mg (5.51%), Vitamin B2: 0.09mg (5.02%), Phosphorus: 44.38mg (4.44%), Vitamin B3: 0.86mg (4.28%), Potassium: 142.01mg (4.06%), Iron: 0.72mg (4.02%), Calcium: 28mg (2.8%), Magnesium: 10.08mg (2.52%), Fiber: 0.62g (2.49%), Copper: 0.05mg (2.31%), Vitamin C: 1.69mg (2.05%), Vitamin B5: 0.19mg (1.92%), Vitamin A: 93.47IU (1.87%), Zinc: 0.27mg (1.8%), Vitamin K: 1.57µg (1.5%)