



## Grilled Pierogies and Kielbasa

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons apple cider vinegar
- 0.3 cup parsley fresh roughly chopped
- 1 pound kielbasa cut into 4 pieces (pork or turkey)
- 4 servings kosher salt and pepper freshly ground
- 0.3 cup olive oil extra-virgin
- 1 pound potato-and-cheddar pierogies frozen thaw (do not )
- 1 large onion white cut into 6 wedges
- 2 tablespoons whole-grain mustard

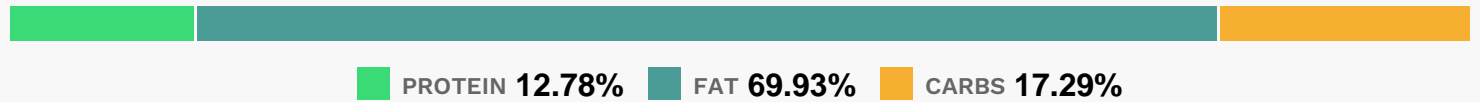
## Equipment

- bowl
- baking sheet
- whisk
- grill

## Directions

- Preheat a grill to medium. Grill the kielbasa, turning, until marked, 8 to 10 minutes.
- Transfer to a baking sheet or platter.
- Meanwhile, whisk the mustard and vinegar in a large bowl. Slowly whisk in 2 tablespoons olive oil until smooth.
- Toss the onion and pierogies with the remaining 2 tablespoons olive oil and season with salt and pepper. Grill, covered, until the pierogies thaw and the onion begins to soften, about 5 minutes. Turn the pierogies and onion and continue to grill, covered, until the pierogies are cooked through and the onion is tender, 4 to 6 more minutes.
- Transfer to the baking sheet or platter.
- Slice the kielbasa into pieces and add to the bowl with the mustard dressing. Roughly chop the onion and add to the bowl along with the pierogies and parsley. Season with salt and pepper and toss. Divide among shallow bowls.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:60.69, Glycemic Load:15.88, Inflammation Score:-6, Nutrition Score:19.799130564151%

## Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.57mg, Myricetin:

0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

## Nutrients (% of daily need)

Calories: 598.83kcal (29.94%), Fat: 46.49g (71.52%), Saturated Fat: 13.65g (85.29%), Carbohydrates: 25.87g (8.62%), Net Carbohydrates: 22.29g (8.1%), Sugar: 2.64g (2.94%), Cholesterol: 79.38mg (26.46%), Sodium: 1280.71mg (55.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.12g (38.24%), Vitamin K: 72.04µg (68.61%), Vitamin B1: 0.69mg (46.31%), Vitamin C: 31.27mg (37.9%), Selenium: 23.16µg (33.09%), Vitamin B6: 0.6mg (30.18%), Vitamin B3: 5.23mg (26.17%), Phosphorus: 240.61mg (24.06%), Potassium: 838.58mg (23.96%), Vitamin B12: 1.11µg (18.52%), Zinc: 2.67mg (17.82%), Iron: 3.04mg (16.89%), Manganese: 0.33mg (16.69%), Fiber: 3.58g (14.31%), Vitamin E: 2.02mg (13.45%), Vitamin B2: 0.22mg (13.11%), Magnesium: 51.56mg (12.89%), Copper: 0.25mg (12.55%), Vitamin B5: 0.93mg (9.3%), Folate: 33.76µg (8.44%), Vitamin A: 324.24IU (6.48%), Calcium: 46.52mg (4.65%)