



Halushki

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



254 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter
- 1 pound curd cottage cheese
- 1 eggs
- 3 cups flour all-purpose
- 2 cups julienne onions
- 1 tablespoon parsley leaves finely chopped
- 1 teaspoon salt
- 10 servings salt

- 2 teaspoons vegetable oil
- 2 cups water
- 10 servings pepper white freshly ground

Equipment

- frying pan
- paper towels
- mixing bowl
- pot
- plastic wrap

Directions

- Bring a pot of salted water to a boil. Turn the dough out onto a floured surface.
- Roll the dough out to about 14-inch rectangle and 1/4-inch thick.
- Cut the dough into 1-inch squares.
- Add the dough to the boiling water and cook for about 4 to 5 minutes, or until the dough floats for 1 minute in the water and is fully cooked.
- Remove and drain on paper towels. Season with salt. Meanwhile, melt the butter in a large saute pan.
- Add the onions. Season with salt and pepper.
- Saute until tender, about 3 to 4 minutes. In a large mixing bowl, toss the dumplings with the onions and cheese. Toss well. Season with salt and pepper. Spoon into a serving bowl and garnish with parsley.
- Serve warm.
- In a mixing bowl, combine the water, oil and egg.
- Mix well.
- Add the salt and 3 cups of the flour.
- Mix until the dough comes together and form a smooth ball. **If the dough is too sticky-add a little more flour, about 1/4 cup at a time. Cover with plastic wrap and allow to rest for 30 minutes.

Nutrition Facts

PROTEIN 15.95% FAT 29.38% CARBS 54.67%

Properties

Glycemic Index:21.1, Glycemic Load:21.78, Inflammation Score:-5, Nutrition Score:9.1452173512915%

Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 254.22kcal (12.71%), Fat: 8.26g (12.7%), Saturated Fat: 4.02g (25.11%), Carbohydrates: 34.57g (11.52%), Net Carbohydrates: 32.48g (11.81%), Sugar: 2.69g (2.99%), Cholesterol: 36.12mg (12.04%), Sodium: 616.2mg (26.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.17%), Selenium: 18.74µg (26.78%), Vitamin B1: 0.32mg (21.61%), Folate: 83.19µg (20.8%), Manganese: 0.39mg (19.35%), Vitamin B2: 0.29mg (17.22%), Phosphorus: 135.71mg (13.57%), Iron: 2.23mg (12.4%), Vitamin B3: 2.31mg (11.56%), Vitamin K: 8.86µg (8.44%), Fiber: 2.09g (8.37%), Calcium: 61.98mg (6.2%), Copper: 0.11mg (5.47%), Vitamin B5: 0.53mg (5.31%), Vitamin A: 261.54IU (5.23%), Magnesium: 18.2mg (4.55%), Vitamin B6: 0.09mg (4.29%), Potassium: 145.2mg (4.15%), Vitamin B12: 0.24µg (4.06%), Vitamin C: 3.32mg (4.02%), Zinc: 0.59mg (3.95%), Vitamin E: 0.32mg (2.12%)