



Ham and Pierogies

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 4.5 ounce mushrooms drained sliced canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 clove garlic crushed
- ☐ 1 pinch garlic powder to taste
- ☐ 2 green onions diced to taste
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 16 ounce ham steaks diced

- ☐ 0.5 cup milk
- ☐ 25.6 ounce potato pierogies frozen
- ☐ 1 cup cup heavy whipping cream sour

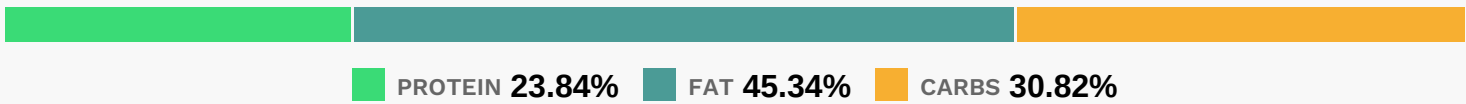
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a jelly roll pan with aluminum foil; spray with cooking spray.
- ☐ Arrange pierogies on the prepared pan; spray pierogies with cooking spray.
- ☐ Bake in the preheated oven for 9 to 10 minutes; flip pierogies and continue baking until lightly golden, 9 to 10 more minutes.
- ☐ Melt butter in a large frying pan over medium heat; cook and stir ham, mushrooms, green onions, and garlic in the melted butter until ham and mushrooms are lightly brown, 5 to 10 minutes. Stir pierogies into ham mixture; cook until flavors have blended, about 5 minutes.
- ☐ Mix mushroom soup, sour cream, and milk together in a bowl; season with salt, pepper, and garlic powder.
- ☐ Pour soup mixture over ham-pierogie mixture. Cook and stir until heated through, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:15.95, Inflammation Score:-6, Nutrition Score:19.409565075584%

Flavonoids

Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 362.29kcal (18.11%), Fat: 18.38g (28.28%), Saturated Fat: 9.59g (59.93%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 24.7g (8.98%), Sugar: 3.83g (4.26%), Cholesterol: 76.67mg (25.56%), Sodium: 1482.47mg (64.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.74g (43.49%), Vitamin C: 49.5mg (60%), Vitamin B1: 0.75mg (50.17%), Vitamin B6: 0.71mg (35.37%), Phosphorus: 348.09mg (34.81%), Vitamin B3: 6mg (29.98%), Potassium: 941.03mg (26.89%), Selenium: 14.93µg (21.33%), Manganese: 0.42mg (20.82%), Vitamin B2: 0.32mg (19.04%), Zinc: 2.83mg (18.86%), Copper: 0.36mg (17.8%), Vitamin B12: 0.88µg (14.68%), Magnesium: 56.45mg (14.11%), Fiber: 3.41g (13.66%), Vitamin B5: 1.32mg (13.16%), Iron: 2.33mg (12.94%), Vitamin K: 11.88µg (11.31%), Vitamin A: 489.58IU (9.79%), Calcium: 91.56mg (9.16%), Folate: 33.59µg (8.4%), Vitamin E: 0.36mg (2.37%), Vitamin D: 0.27µg (1.77%)