



## Knishes - Potato Filling

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



1

CALORIES



1143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

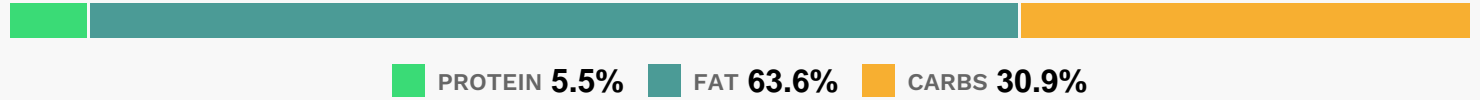
- 6 tablespoons cooking fat
- 1 eggs
- 1 cup onion chopped
- 0.3 teaspoon pepper
- 2 cups potatoes mashed
- 6 tablespoons salt

### Equipment

## Directions

- Brown the onions in the fat or butter. Beat in the potatoes, egg, salt and pepper until fluffy.
- Place on dough.

## Nutrition Facts



## Properties

Glycemic Index:142.75, Glycemic Load:57.07, Inflammation Score:-8, Nutrition Score:30.546956521739%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 35.42mg, Quercetin: 35.42mg, Quercetin: 35.42mg, Quercetin: 35.42mg

## Nutrients (% of daily need)

Calories: 1142.78kcal (57.14%), Fat: 81.39g (125.21%), Saturated Fat: 24.45g (152.79%), Carbohydrates: 88.95g (29.65%), Net Carbohydrates: 76.87g (27.95%), Sugar: 10.23g (11.36%), Cholesterol: 228.96mg (76.32%), Sodium: 41952.82mg (1824.04%), Protein: 15.84g (31.68%), Vitamin C: 94.58mg (114.64%), Vitamin B6: 1.51mg (75.36%), Potassium: 2077.8mg (59.37%), Manganese: 1.03mg (51.65%), Fiber: 12.09g (48.35%), Phosphorus: 373.71mg (37.37%), Vitamin D: 4.57µg (30.44%), Magnesium: 119.82mg (29.95%), Folate: 118.37µg (29.59%), Copper: 0.59mg (29.34%), Vitamin B1: 0.43mg (28.52%), Iron: 4.79mg (26.59%), Vitamin B3: 4.65mg (23.26%), Selenium: 15.85µg (22.65%), Vitamin B2: 0.38mg (22.33%), Vitamin B5: 2.12mg (21.22%), Vitamin E: 2.61mg (17.43%), Zinc: 2.17mg (14.48%), Calcium: 139.98mg (14%), Vitamin K: 9.57µg (9.11%), Vitamin B12: 0.39µg (6.53%), Vitamin A: 251.94IU (5.04%)