

Lazy Man's Pierogi

READY IN



75 min.

SERVINGS



8

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon chopped
- 1 tablespoon butter
- 21.5 ounce cream of mushroom soup canned
- 0.5 pound mushrooms quartered
- 2 onion chopped
- 16 ounce soup noodles
- 8 servings salt and pepper to taste
- 16 ounce sauerkraut rinsed drained canned

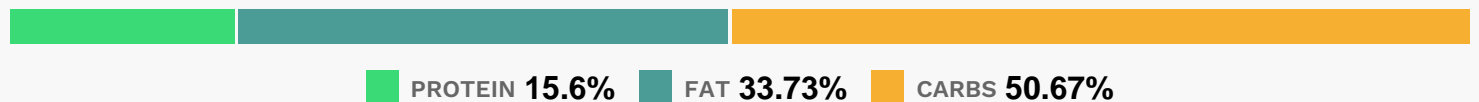
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain. Preheat oven to 350 degrees F (175 degrees C).
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Stir in onions, and cook until translucent. In a separate pan, saute the mushrooms in butter.
- In a large bowl, combine pasta, bacon, onion, mushrooms, sauerkraut and condensed soup. Season with salt and pepper.
- Pour into a 9x13 inch baking dish.
- Bake in preheated oven for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:18.04, Inflammation Score:-4, Nutrition Score:14.951739274937%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 415.6kcal (20.78%), Fat: 15.56g (23.94%), Saturated Fat: 5.79g (36.16%), Carbohydrates: 52.58g (17.53%), Net Carbohydrates: 48.22g (17.53%), Sugar: 4.25g (4.72%), Cholesterol: 26.28mg (8.76%), Sodium: 1313.6mg (57.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.37%), Selenium: 44.66µg (63.81%), Manganese: 0.89mg (44.33%), Copper: 0.48mg (24.18%), Phosphorus: 214.19mg (21.42%), Vitamin B3: 3.93mg (19.63%), Fiber: 4.36g (17.45%), Vitamin B6: 0.32mg (16.13%), Zinc: 2.28mg (15.17%), Potassium: 505.72mg (14.45%), Vitamin B2: 0.24mg (13.95%), Iron: 2.42mg (13.45%), Vitamin C: 10.97mg (13.29%), Magnesium: 51.5mg (12.87%), Vitamin B1: 0.19mg (12.81%), Vitamin B5: 1.06mg (10.59%), Folate: 39.24µg (9.81%), Vitamin K: 7.66µg (7.3%), Vitamin B12: 0.28µg (4.63%), Calcium: 41.1mg (4.11%), Vitamin E: 0.31mg (2.08%), Vitamin A: 64.98IU (1.3%), Vitamin D: 0.17µg (1.13%)