

Lazy Pierogi

READY IN



90 min.

SERVINGS



8

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound butter
- 21.5 ounce cream of mushroom soup canned
- 1 pound mushrooms fresh chopped
- 1 onion chopped
- 1 pound rotini pasta uncooked
- 3 pounds sauerkraut

Equipment

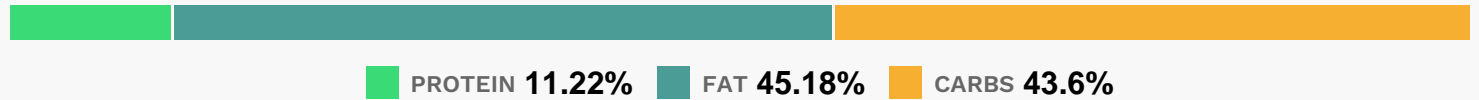
- frying pan

pot

Directions

- Place the sauerkraut and onion in a large skillet over medium-low heat with enough water to cover. Simmer 1 hour, or until most of the water has cooked off.
- Bring a large pot of lightly salted water to a boil.
- Add rotini and cook for 8 to 10 minutes or until al dente; drain.
- In a medium skillet over medium heat, saute the mushrooms in 2 tablespoons of the butter for about 5 minutes.
- Stir the remaining butter, cooked pasta, and cream of mushroom soup into the sauerkraut mixture. Cook and stir 15 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:18.47, Inflammation Score:-7, Nutrition Score:20.296521632568%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 510.39kcal (25.52%), Fat: 26.12g (40.19%), Saturated Fat: 15.73g (98.34%), Carbohydrates: 56.73g (18.91%), Net Carbohydrates: 49.03g (17.83%), Sugar: 6.26g (6.96%), Cholesterol: 64.76mg (21.59%), Sodium: 1853.6mg (80.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.18%), Selenium: 42.48µg (60.69%), Manganese: 1.05mg (52.49%), Copper: 0.67mg (33.26%), Vitamin C: 27.21mg (32.98%), Fiber: 7.7g (30.8%), Vitamin K: 24.21µg (23.06%), Iron: 4.09mg (22.72%), Phosphorus: 222.83mg (22.28%), Vitamin B2: 0.36mg (21.08%), Potassium: 718.78mg (20.54%), Vitamin B6: 0.41mg (20.42%), Vitamin B3: 3.97mg (19.84%), Folate: 69.46µg (17.37%), Magnesium: 64.54mg (16.14%), Zinc: 2.3mg (15.36%), Vitamin A: 739.35IU (14.79%), Vitamin B5: 1.44mg (14.44%), Vitamin B1: 0.16mg (10.38%), Calcium: 77.65mg (7.77%), Vitamin E: 0.97mg (6.44%), Vitamin B12: 0.19µg (3.21%)