

Lobster Pierogies

READY IN



80 min.

SERVINGS



10

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces butter softened
- ☐ 3 tablespoons butter
- ☐ 8 ounces truffle butter black
- ☐ 1 tablespoons chives chopped
- ☐ 2 tablespoons chives chopped
- ☐ 1 eggs
- ☐ 2 cups flour
- ☐ 1 pound live maine lobsters diced cleaned
- ☐ 10 servings salt and pepper to taste

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- ☐ 4 ounces cup heavy whipping cream sour
- ☐ 2 pounds yukon gold potatoes peeled quartered

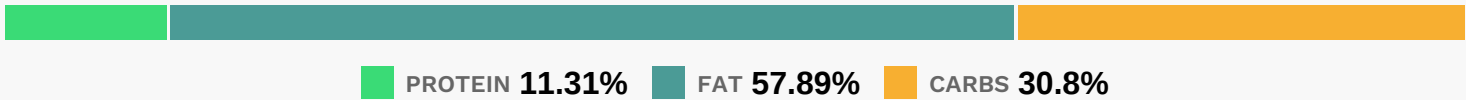
Equipment

- ☐ bowl
- ☐ potato ricer

Directions

- ☐ Roll dough to 1/8-inch thick.
- ☐ Cut dough into 2-inch circles. Wrap and set aside. Boil potatoes in salted water until tender and drain.
- ☐ Place through ricer and fold in truffle butter and chives. Fold in lobster meat. Check seasoning.
- ☐ Place a heaping teaspoon of the lobster mixture on half of each circle of dough. Fold the circles in half to make half moon shapes and crimp the edges to seal. Boil the pierogies in water until they float, about 2 to 3 minutes.
- ☐ Drain.
- ☐ Saute until golden brown in butter.
- ☐ Place flour in bowl and form a well.
- ☐ Add remaining ingredients and mix by hand. Form in a ball, wrap and refrigerate for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:25.42, Inflammation Score:-7, Nutrition Score:15.717826213526%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 458.17kcal (22.91%), Fat: 29.69g (45.68%), Saturated Fat: 18.16g (113.5%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 32.85g (11.94%), Sugar: 1.21g (1.35%), Cholesterol: 150.65mg (50.22%), Sodium: 804.48mg (34.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.09%), Selenium: 39.7µg (56.72%), Copper: 0.75mg (37.64%), Vitamin C: 18.5mg (22.42%), Vitamin A: 950.63IU (19.01%), Vitamin B1: 0.28mg (18.95%), Phosphorus: 177.4mg (17.74%), Folate: 69.47µg (17.37%), Manganese: 0.34mg (17.08%), Vitamin B6: 0.34mg (17.01%), Vitamin B3: 3.19mg (15.94%), Potassium: 530.2mg (15.15%), Zinc: 2.17mg (14.46%), Vitamin B2: 0.21mg (12.36%), Vitamin B5: 1.18mg (11.8%), Iron: 2.09mg (11.64%), Magnesium: 46.3mg (11.58%), Vitamin B12: 0.69µg (11.42%), Fiber: 2.69g (10.77%), Vitamin E: 1.26mg (8.43%), Calcium: 75.54mg (7.55%), Vitamin K: 6.18µg (5.88%)