



Mashed Potato and Pea Perogies

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



401 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter melted
- 0.5 egg yolk
- 1 eggs
- 2.3 cups flour all-purpose
- 0.5 cup peas
- 2 cups potatoes mashed
- 1 teaspoon salt
- 0.5 cup cheddar cheese shredded

- 1 cup cream sour
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- whisk
- pot
- cookie cutter
- slotted spoon

Directions

- In a large bowl, stir together the flour and salt. In a separate bowl, whisk together the butter, sour cream, eggs, egg yolk and oil. Stir the wet ingredients into the flour until well blended. Cover the bowl with a towel, and let stand for 15 to 20 minutes. Reheat mashed potatoes.
- Combine mashed potatoes with shredded cheese and peas while still hot. Season with onion salt, salt and pepper. Set aside. Separate the perogie dough into two balls.
- Roll out one piece at a time on a lightly floured surface until it is thin enough to work with, but not too thin so that it tears.
- Cut into squares with a cookie cutter or circles using a biscuit cutter, perogie cutter, or a glass.
- Brush a little water around the edges of the pasta, and spoon some filling into the center, about 1 tablespoon. Fold the pasta over into half-moons or triangles, and press tightly to seal the edges. Melt a little butter in non-stick skillet.
- Add perogies and cook about 1 minute on each side.
- Remove with a slotted spoon.
- Place raw perogies on a cookie sheet, and freeze. Once frozen, transfer to freezer storage bags or containers. Reheat as directed or boil in a pot of water for 2 minutes. Do not over boil or they will become soggy.

Nutrition Facts

PROTEIN 11.21% FAT 37% CARBS 51.79%

Properties

Glycemic Index:46.68, Glycemic Load:35.36, Inflammation Score:-6, Nutrition Score:14.830000011817%

Flavonoids

Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 400.72kcal (20.04%), Fat: 16.46g (25.33%), Saturated Fat: 7.7g (48.11%), Carbohydrates: 51.85g (17.28%), Net Carbohydrates: 48.36g (17.58%), Sugar: 2.73g (3.04%), Cholesterol: 80.53mg (26.84%), Sodium: 492.93mg (21.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.45%), Selenium: 23.52µg (33.6%), Vitamin B1: 0.47mg (31.48%), Folate: 114.82µg (28.7%), Vitamin B2: 0.42mg (24.59%), Manganese: 0.49mg (24.27%), Vitamin C: 18.97mg (22.99%), Phosphorus: 196.77mg (19.68%), Vitamin B3: 3.81mg (19.03%), Iron: 3.11mg (17.3%), Vitamin B6: 0.29mg (14.38%), Fiber: 3.49g (13.98%), Calcium: 130.59mg (13.06%), Potassium: 441.9mg (12.63%), Vitamin A: 546.55IU (10.93%), Magnesium: 37.79mg (9.45%), Vitamin K: 9.63µg (9.17%), Copper: 0.18mg (9.06%), Zinc: 1.29mg (8.57%), Vitamin B5: 0.75mg (7.53%), Vitamin B12: 0.28µg (4.65%), Vitamin E: 0.62mg (4.15%), Vitamin D: 0.28µg (1.89%)