



Mushroom-Apple Pierogies

READY IN



80 min.

SERVINGS



6

CALORIES



449 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup strained chunky applesauce plus more for serving
- ☐ 1.3 cups chunky applesauce
- ☐ 5 slices bacon
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 2 large eggs
- ☐ 2.5 cups flour for dusting all-purpose plus more
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 6 servings kosher salt
- ☐ 1 small onion chopped

- ☐ 2 teaspoons paprika
- ☐ 8 ounces sauerkraut rinsed
- ☐ 6 servings cup heavy whipping cream sour for serving
- ☐ 4 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil

Equipment

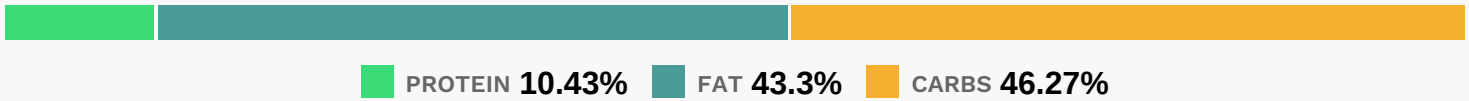
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ slotted spoon

Directions

- ☐ Whisk the applesauce, vegetable oil, 1/2 teaspoon salt, 1 egg and 1/2 cup warm water in a bowl.
- ☐ Put the flour in another bowl and stir in the applesauce mixture. Turn the dough out onto a floured surface and knead until smooth, 1 to 2 minutes, dusting with flour as needed. Cover with plastic wrap and set aside, about 30 minutes.
- ☐ Meanwhile, make the filling: Cook the bacon in a large skillet over medium heat until crisp.
- ☐ Transfer to a paper towellined plate.
- ☐ Drain all but 2 tablespoons fat from the skillet.
- ☐ Add the mushrooms, season with salt and cook over high heat, stirring until browned, about 4 minutes.
- ☐ Add the onion and cook until soft, about 4 more minutes.
- ☐ Stir in the sauerkraut, thyme, paprika, 1 cup applesauce and 1/2 cup water. Bring to a simmer, cover and cook until the mushrooms are tender, about 5 minutes, then uncover and cook until thickened, about 4 minutes. Chop the bacon and add to the skillet with the remaining 1/4 cup applesauce and salt to taste.

- ☐
- Make the pierogies: Bring a large pot of salted water to boil. Beat the remaining egg in a bowl with 1 tablespoon water.
- ☐
- Roll out half of the dough to less than 1/8 inch thick (keep the remaining dough covered with plastic wrap).
- ☐
- Cut into rounds using a 3 1/2-inch cookie cutter or a drinking glass. Top each round with 1 tablespoon of the mushroom filling, brush the edges with the beaten egg and fold in half; crimp with a fork to seal. Repeat with the remaining dough and filling.
- ☐
- Melt 4 tablespoons butter in a large skillet over medium-low heat. Boil the pierogies in batches until tender, about 5 minutes, then transfer to the skillet using a slotted spoon and toss with the butter until browned.
- ☐
- Serve with applesauce and sour cream.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:29.21, Inflammation Score:-8, Nutrition Score:17.283913031868%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 448.92kcal (22.45%), Fat: 21.8g (33.53%), Saturated Fat: 9.44g (58.98%), Carbohydrates: 52.41g (17.47%), Net Carbohydrates: 48.48g (17.63%), Sugar: 8.23g (9.15%), Cholesterol: 101.25mg (33.75%), Sodium: 598.93mg (26.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Selenium: 37.33µg (53.33%), Vitamin B1: 0.54mg (35.77%), Vitamin B2: 0.6mg (35.17%), Folate: 127.34µg (31.84%), Vitamin B3: 5.47mg (27.37%), Manganese: 0.53mg (26.36%), Iron: 3.92mg (21.8%), Phosphorus: 189.16mg (18.92%), Copper: 0.35mg (17.66%), Vitamin A: 789.54IU (15.79%), Fiber: 3.92g (15.7%), Vitamin B5: 1.3mg (12.97%), Potassium: 447.34mg (12.78%), Vitamin B6: 0.24mg (12.15%), Vitamin K: 11.01µg (10.48%), Vitamin C: 8.21mg (9.95%), Zinc: 1.41mg (9.41%), Magnesium: 30.62mg (7.65%), Vitamin E: 1.08mg (7.22%), Calcium: 60.04mg (6%), Vitamin B12: 0.32µg (5.31%), Vitamin D: 0.58µg (3.9%)