

New York Knish - Yo!

READY IN



70 min.

SERVINGS



12

CALORIES



190 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 1 cube chicken bouillon crumbled
- 1 large onion chopped
- 18 sheets dough
- 12 servings salt and pepper to taste
- 6 large yukon gold potatoes peeled

Equipment

- bowl

- frying pan
- baking sheet
- oven
- pot

Directions

- Place potatoes into a pot with enough water to cover. Bring to a boil, and cook until tender.
- Drain, and set aside.
- While the potatoes are boiling, heat 1/4 cup butter in a large skillet over medium heat. Stir in onions, and cook until soft and translucent.
- In a large bowl, mash the potatoes until smooth.
- Mix in onion and butter mixture, crumbled bouillon, and salt and pepper to taste.
- Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet.
- Layer 3 sheets of phyllo dough one on top of the other, and cut this triple-layered sheet in half. Drop one spoonful of potato mixture into each phyllo piece.
- Roll dough around mixture, tucking ends under. Repeat this step with remaining sheets of phyllo dough to make 12 knishes.
- Brush with remaining 1/4 cup butter, and place on baking sheet.
- Bake in a preheated oven 30 to 40 minutes, or until golden brown.

Nutrition Facts

PROTEIN 8.23% **FAT 26.63%** **CARBS 65.14%**

Properties

Glycemic Index:16.56, Glycemic Load:16.62, Inflammation Score:-4, Nutrition Score:7.2934783152912%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 189.58kcal (9.48%), Fat: 5.63g (8.67%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 28.39g (10.32%), Sugar: 1.25g (1.39%), Cholesterol: 10.17mg (3.39%), Sodium: 367.79mg (15.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin C: 17.67mg (21.42%), Vitamin B1: 0.23mg (15.21%), Manganese: 0.28mg (14.12%), Vitamin B6: 0.27mg (13.72%), Potassium: 398.37mg (11.38%), Fiber: 2.62g (10.5%), Vitamin B3: 2.07mg (10.37%), Folate: 41.2µg (10.3%), Selenium: 7.01µg (10.01%), Iron: 1.61mg (8.93%), Vitamin B2: 0.13mg (7.61%), Phosphorus: 74.59mg (7.46%), Magnesium: 25.18mg (6.29%), Copper: 0.13mg (6.28%), Vitamin B5: 0.36mg (3.58%), Zinc: 0.41mg (2.75%), Vitamin K: 2.71µg (2.58%), Vitamin A: 120.13IU (2.4%), Calcium: 17.47mg (1.75%)