

Perogie Casserole

READY IN



135 min.

SERVINGS



7

CALORIES



1147 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bacon sliced
- ☐ 4 cups curd cottage cheese
- ☐ 2 eggs
- ☐ 12 lasagna noodles
- ☐ 2 tablespoons butter
- ☐ 2 onions chopped
- ☐ 5 pounds potatoes
- ☐ 7 servings salt and pepper to taste
- ☐ 4 cups cheddar cheese shredded

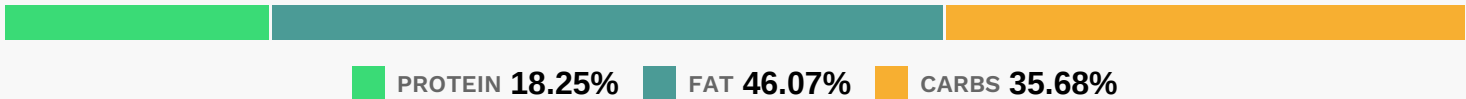
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add lasagna and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Roast potatoes in oven for about 1 hour. Split potatoes and scoop out middle; discard skins.
- ☐ Mix Cheddar cheese into potatoes. In a bowl, blend together cottage cheese, eggs, salt and pepper; set aside.
- ☐ Layer lasagna noodles in a 9x13 inch baking dish.
- ☐ Spread cottage cheese mixture over noodles.
- ☐ Layer noodles again and spread potato and cheese mixture to cover noodles. Smooth top.
- ☐ In a skillet, fry bacon until half way cooked.
- ☐ Spread over top of casserole.
- ☐ Sprinkle onions on top. Dot casserole with margarine.
- ☐ Lower oven temperature to 350 degrees F (175 degrees C) and bake for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:29.54, Glycemic Load:58.1, Inflammation Score:-9, Nutrition Score:39.35652195889%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 1147.09kcal (57.35%), Fat: 58.69g (90.29%), Saturated Fat: 24.53g (153.29%), Carbohydrates: 102.28g (34.09%), Net Carbohydrates: 93.08g (33.85%), Sugar: 8.85g (9.83%), Cholesterol: 176.06mg (58.69%), Sodium: 1531mg (66.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.33g (104.65%), Selenium: 79.15µg (113.07%), Phosphorus: 904.71mg (90.47%), Vitamin C: 66.16mg (80.19%), Vitamin B6: 1.36mg (67.99%), Calcium: 631.5mg (63.15%), Potassium: 1848.34mg (52.81%), Manganese: 1mg (49.83%), Vitamin B2: 0.75mg (43.98%), Vitamin B1: 0.55mg (36.98%), Fiber: 9.2g (36.79%), Zinc: 5.48mg (36.56%), Vitamin B3: 7.05mg (35.23%), Magnesium: 140.28mg (35.07%), Copper: 0.6mg (29.8%), Vitamin B12: 1.68µg (27.99%), Vitamin B5: 2.75mg (27.46%), Folate: 101.46µg (25.36%), Iron: 3.9mg (21.66%), Vitamin A: 1069.86IU (21.4%), Vitamin E: 1.21mg (8.09%), Vitamin K: 7.92µg (7.54%), Vitamin D: 1.03µg (6.85%)