



Perogies

READY IN



50 min.

SERVINGS



16

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound bacon
- ☐ 5 pounds baking potatoes
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 16 servings salt and pepper to taste
- ☐ 32 ounce sauerkraut minced rinsed drained
- ☐ 1 cup cheddar cheese shredded
- ☐ 3 tablespoons cup heavy whipping cream sour

☐ 0.7 cup water cold

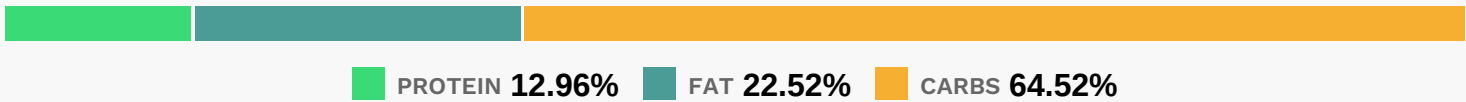
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ To Make Dough: In a medium bowl combine the flour, salt, egg and water.
- ☐ Mix all together to form dough; cover bowl and set aside.
- ☐ Place potatoes in a large pot.
- ☐ Add water to cover, bring to a boil, and boil for 25 to 35 minutes or until tender.
- ☐ Remove potatoes from water and mash.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and stir into mashed potatoes. Stir in cheese and season with salt and pepper.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and place in a medium bowl. Stir in sauerkraut, then sour cream.
- ☐ Mix well.
- ☐ Roll reserved dough out on a floured surface.
- ☐ Cut circles out of dough, using a small round container.
- ☐ Place a spoonful of potato or sauerkraut filling in the center of each circle and fold over, pinching edges together to seal. Bring a large pot of lightly salted water to a boil; drop perogies in boiling water and cook for 4 to 5 minutes, or until they float.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:29.07, Inflammation Score:-4, Nutrition Score:12.000869587712%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 246.39kcal (12.32%), Fat: 6.26g (9.63%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 36.44g (13.25%), Sugar: 2.04g (2.27%), Cholesterol: 23.3mg (7.77%), Sodium: 819.52mg (35.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.21%), Vitamin B6: 0.6mg (29.95%), Manganese: 0.42mg (20.91%), Potassium: 730.34mg (20.87%), Vitamin C: 16.43mg (19.92%), Vitamin B1: 0.27mg (18.26%), Folate: 64.96µg (16.24%), Iron: 2.87mg (15.95%), Fiber: 3.91g (15.64%), Phosphorus: 155.88mg (15.59%), Selenium: 10.56µg (15.08%), Vitamin B3: 2.76mg (13.82%), Magnesium: 46.83mg (11.71%), Copper: 0.23mg (11.62%), Vitamin B2: 0.19mg (11.16%), Vitamin K: 10.18µg (9.7%), Calcium: 92.39mg (9.24%), Zinc: 1.02mg (6.77%), Vitamin B5: 0.67mg (6.66%), Vitamin B12: 0.14µg (2.32%), Vitamin A: 113.88IU (2.28%), Vitamin E: 0.22mg (1.49%)