



Pierogi

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces baking potato diced peeled
- 1 teaspoon butter
- 3 tablespoons butter
- 0.5 teaspoon caraway seeds crushed
- 2 large eggs lightly beaten
- 0.5 cup fennel bulb vertically sliced
- 0.3 cup flour all-purpose
- 2 cups flour all-purpose

- 2 tablespoons cup heavy whipping cream sour low-fat
- 0.5 cup onion chopped
- 1 cup onion vertically sliced
- 2 ounces processed cheese light diced (such as Velveeta)
- 0.5 teaspoon salt
- 0.3 cup water
- 2 quarts water
- 0.3 teaspoon pepper white

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- knife
- wire rack
- blender
- measuring cup
- slotted spoon
- dutch oven
- colander

Directions

- Cook potato in boiling water in a medium saucepan 10 minutes or until tender.
- Drain potato in a colander over a bowl, reserving 2 tablespoons cooking liquid. Return potato to pan.
- Add reserved cooking liquid; beat at medium speed of mixer until smooth. Set aside.
- Melt 1 teaspoon butter in pan over medium heat.
- Add chopped onion; saut 5 minutes or until tender.

- Remove from heat; stir in potato, cheese, and next 4 ingredients (cheese through white pepper). Cover and set aside.
- Lightly spoon 2 cups flour into a dry measuring cup; level with a knife.
- Combine with 1/2 teaspoon salt in a large bowl; make a well in center of mixture. Stir in 1/3 cup water and eggs. Turn dough out onto a lightly floured surface, kneading lightly 4 to 5 times. (Dough may appear dry but will moisten while kneading.) Cover and let rest 10 minutes.
- Divide dough into 5 equal portions. Working with 1 portion at a time (cover remaining dough to keep from drying), roll each portion to a 1/8-inch thickness on a lightly floured surface.
- Cut 5 circles with a 3-inch round cutter, discarding dough scraps. Spoon 2 level teaspoons potato mixture onto half of each circle. Moisten edges of dough with water. Fold dough over filling; press edges together with floured hands to seal.
- Place pierogi on a large baking sheet sprinkled with 1/3 cup flour. Cover. Repeat procedure with remaining dough and potato filling.
- Bring 2 quarts water to a boil in a Dutch oven; add 5 pierogi. Cook 3 minutes or until pierogi float to surface.
- Remove pierogi with a slotted spoon; place on a wire rack coated with cooking spray. Repeat procedure with remaining pierogi.
- Melt 1 1/2 tablespoons butter in a large nonstick skillet over medium heat.
- Add 1/2 cup sliced onion and 1/4 cup fennel; saut 10 minutes or until tender.
- Add 12 pierogi; saut 5 minutes or until thoroughly heated and lightly browned. Set aside. Repeat procedure with remaining butter, onions, fennel, and pierogi.
- Serve immediately.

Nutrition Facts

PROTEIN 12.1% **FAT 31.82%** **CARBS 56.08%**

Properties

Glycemic Index:92.15, Glycemic Load:38.31, Inflammation Score:-7, Nutrition Score:15.406086724737%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.76mg, Quercetin: 9.76mg, Quercetin: 9.76mg, Quercetin: 9.76mg

Nutrients (% of daily need)

Calories: 406.66kcal (20.33%), Fat: 14.33g (22.05%), Saturated Fat: 7.95g (49.69%), Carbohydrates: 56.86g (18.95%), Net Carbohydrates: 53.65g (19.51%), Sugar: 3.09g (3.44%), Cholesterol: 107.63mg (35.88%), Sodium: 543.93mg (23.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.53%), Selenium: 28.91µg (41.3%), Vitamin B1: 0.52mg (34.78%), Folate: 134.13µg (33.53%), Manganese: 0.55mg (27.38%), Vitamin B2: 0.44mg (26.05%), Phosphorus: 219.24mg (21.92%), Iron: 3.64mg (20.22%), Vitamin B3: 3.95mg (19.73%), Calcium: 180.82mg (18.08%), Fiber: 3.21g (12.82%), Vitamin B6: 0.25mg (12.35%), Copper: 0.23mg (11.49%), Potassium: 368.2mg (10.52%), Vitamin A: 479.5IU (9.59%), Magnesium: 37.51mg (9.38%), Zinc: 1.23mg (8.21%), Vitamin C: 6.64mg (8.05%), Vitamin B5: 0.8mg (8%), Vitamin K: 7.48µg (7.12%), Vitamin B12: 0.38µg (6.4%), Vitamin E: 0.64mg (4.24%), Vitamin D: 0.48µg (3.18%)