



Pierogi Casserole

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



846 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 tbsp butter for mixing
- 0.5 cup milk for mixing
- 2 large onion sliced
- 4 servings salt and pepper to taste
- 1.5 cups sharp cheddar cheese shredded
- 1 lb potatoes white boiled cubed peeled
- 1 lb extra wide egg noodles

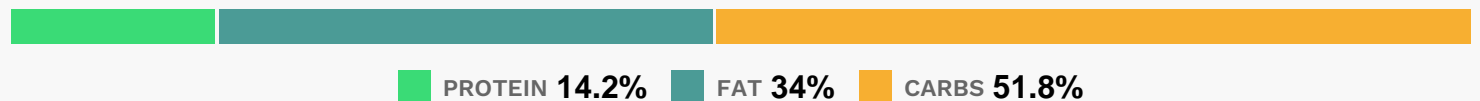
Equipment

- oven
- casserole dish
- potato masher
- wooden spoon

Directions

- Preheat oven to 375 degrees. Spray a large 2 large casserole dish with cooking spray. Three separate items need cooked. You can cook them all at once to avoid having one sit aside for too long. (Prepare your potatoes and set aside) Meanwhile, boil your noodles but reduce cooking time by 4 minutes to avoid overcooking.
- Drain and set aside. Prepare your onions by cooking in the 4 tbsp. of butter over medium heat until tender.
- Add milk, 1 cup of cheese, salt and pepper, and onion mixture to your potatoes. Mash using a large wooden spoon or a hand held potato masher. Mash until soft, but some chunks remain. You don't want a completely smooth texture.
- Add in your noodles and toss to coat. Taste for seasoning and add more if necessary. If mixture seems dry, add more milk and butter until the entire mixture is lightly coated.
- Place in casserole dish.
- Sprinkle with the remaining ½ cup of cheese.
- Bake in your preheated oven for 25 minutes or until cheese starts to bubble.
- Serve immediately and enjoy!

Nutrition Facts



Properties

Glycemic Index:67.44, Glycemic Load:50.79, Inflammation Score:-8, Nutrition Score:27.985652173913%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg

Taste

Sweetness: 50.63%, Saltiness: 100%, Sourness: 29.21%, Bitterness: 28.24%, Savoriness: 59.81%, Fattiness: 92.88%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 845.77kcal (42.29%), Fat: 32.11g (49.4%), Saturated Fat: 17.4g (108.76%), Carbohydrates: 110.1g (36.7%), Net Carbohydrates: 102.59g (37.31%), Sugar: 7.81g (8.68%), Cholesterol: 171.82mg (57.27%), Sodium: 607.44mg (26.41%), Protein: 30.17g (60.33%), Selenium: 102.79µg (146.84%), Manganese: 1.25mg (62.29%), Phosphorus: 587.97mg (58.8%), Calcium: 411.18mg (41.12%), Vitamin B6: 0.72mg (35.89%), Vitamin C: 27.89mg (33.81%), Fiber: 7.51g (30.05%), Zinc: 4.33mg (28.85%), Magnesium: 114.74mg (28.69%), Potassium: 945.42mg (27.01%), Copper: 0.5mg (25.15%), Vitamin B1: 0.35mg (23.2%), Vitamin B2: 0.39mg (23.08%), Folate: 74.6µg (18.65%), Vitamin B3: 3.72mg (18.62%), Iron: 3.27mg (18.16%), Vitamin A: 902.94IU (18.06%), Vitamin B5: 1.77mg (17.66%), Vitamin B12: 0.97µg (16.11%), Vitamin E: 1.11mg (7.39%), Vitamin D: 0.93µg (6.2%), Vitamin K: 5.12µg (4.88%)