



HEALTH SCORE 100%

Pierogi Crostini, with Two Toppings

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



890 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium jalapeño seeded thinly sliced
- 6 servings olive oil
- 24 precooked potato pierogi fresh (see Note)
- 0.3 small onion red thinly sliced
- 6 servings salt and pepper freshly ground
- 0.3 cup scallions thinly sliced
- 1 pound mushroom caps
- 1 cup cup heavy whipping cream sour

1 cup tomatoes chopped

Equipment

bowl

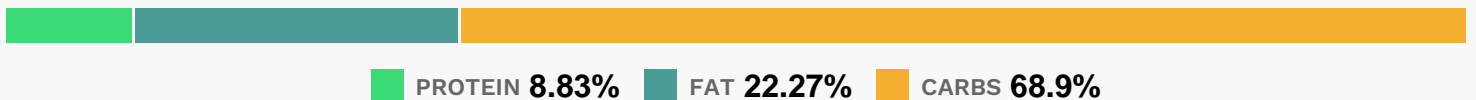
baking sheet

grill

Directions

- Light a grill. Arrange the potato pierogi on a large baking sheet and brush generously with olive oil. In a small bowl, mix the chopped tomato with the sliced onion and jalapeo. Season with salt and pepper.
- Brush the shiitake mushroom caps with olive oil and season with salt and pepper. Grill the mushroom caps over a medium-hot fire until tender and nicely browned, about 4 minutes per side. Thinly slice the mushrooms and transfer to a bowl. Toss the mushrooms with the scallions.
- Grill the pierogi over a medium-hot fire until they are browned and crisp, about 2 minutes per side.
- Transfer the pierogis to a large platter and spread with the sour cream. Spoon the mushroom topping over half of the pierogi and spoon the tomato salsa over the rest.
- Serve hot.
- Notes: If you use frozen pierogi that are not precooked, you must boil them first, then drain and let cool completely before grilling. BEER The creamy, earthy and spicy elements in these crostini call for a bright, golden lager with plenty of flavor to match. Try the classic Pilsner Urquell or the smooth and strong Polish Piast.

Nutrition Facts



Properties

Glycemic Index:40.79, Glycemic Load:110.44, Inflammation Score:-9, Nutrition Score:43.490869454716%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 6.92mg, Kaempferol: 6.92mg, Kaempferol: 6.92mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

Nutrients (% of daily need)

Calories: 889.72kcal (44.49%), Fat: 22.64g (34.84%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 157.6g (52.53%), Net Carbohydrates: 136.42g (49.61%), Sugar: 10.79g (11.99%), Cholesterol: 22.62mg (7.54%), Sodium: 266.04mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.21g (40.41%), Vitamin C: 175.48mg (212.7%), Vitamin B6: 2.79mg (139.42%), Potassium: 3947.67mg (112.79%), Fiber: 21.18g (84.73%), Manganese: 1.53mg (76.27%), Phosphorus: 608.88mg (60.89%), Vitamin B3: 12.15mg (60.76%), Magnesium: 219.29mg (54.82%), Copper: 1.06mg (52.78%), Vitamin B1: 0.72mg (47.68%), Iron: 7.21mg (40.04%), Folate: 156.34µg (39.09%), Vitamin B5: 3.82mg (38.23%), Vitamin K: 36.23µg (34.5%), Vitamin B2: 0.51mg (30.12%), Zinc: 3.45mg (22.97%), Vitamin E: 2.49mg (16.59%), Calcium: 149.55mg (14.95%), Selenium: 8.34µg (11.92%), Vitamin A: 529.51IU (10.59%), Vitamin D: 0.3µg (2.02%), Vitamin B12: 0.08µg (1.34%)