

Pierogi Dough

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



25

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 eggs beaten
- 4 cups flour all-purpose
- 1 teaspoon salt
- 2 teaspoons vegetable oil
- 1 cup warm water

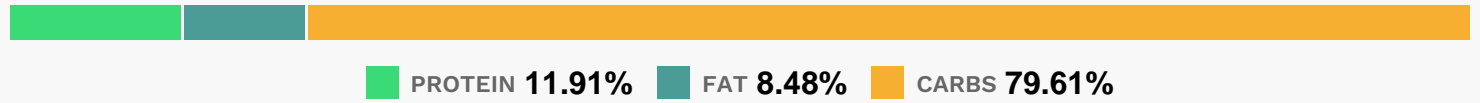
Equipment

- bowl

Directions

- In a large bowl mix together the flour, salt, and baking powder. Make a well in the center.
- In a separate bowl mix together the vegetable oil, warm water, and beaten egg.
- Pour into the well of the dry ingredients. Knead dough for 8 to 10 minutes.
- Cover dough and let rest for 2 hours.
- Roll out and fill as desired.

Nutrition Facts



Properties

Glycemic Index:6.68, Glycemic Load:11.05, Inflammation Score:-1, Nutrition Score:2.965652183994%

Nutrients (% of daily need)

Calories: 78.52kcal (3.93%), Fat: 0.72g (1.11%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.75g (5.36%), Sugar: 0.06g (0.07%), Cholesterol: 6.55mg (2.18%), Sodium: 100.63mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin B1: 0.16mg (10.51%), Selenium: 7.32µg (10.46%), Folate: 37.43µg (9.36%), Manganese: 0.14mg (6.86%), Vitamin B2: 0.11mg (6.28%), Vitamin B3: 1.18mg (5.91%), Iron: 0.96mg (5.36%), Phosphorus: 25.96mg (2.6%), Fiber: 0.54g (2.16%), Copper: 0.03mg (1.58%), Magnesium: 4.72mg (1.18%), Vitamin B5: 0.11mg (1.15%), Zinc: 0.16mg (1.09%)