

STARTER & SNACK

Pierogi Dough

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	16	\$0.07	74 kcal

Pierogi Dough is a lacto ovo vegetarian hor d'oeuvre. One portion of this dish contains about 2g of protein, 2g of fat, and a total of 74 calories. This recipe serves 16 and costs 7 cents per serving. 1 person has made this recipe and would make it again.

Ingredients

☐ 1 large egg	☐ 2 cups all-purpose flour
☐ ¼ cup reduced-fat sour cream	☐ ¼ teaspoon salt
☐ 1 tablespoon vegetable oil	☐ ¼ cup water

EQUIPMENT Bowl, Knife, Whisk, Measuring cup

Method

- 1 Lightly spoon flour into dry measuring cups; level with a knife.
- 2 Combine flour and salt in a large bowl.
- 3 Combine sour cream, water, oil, and egg, stirring with a whisk.
- 4 Add sour cream mixture to flour mixture; stir until combined. Turn dough out onto a floured surface. Knead until smooth and elastic (about 7 minutes).
- 5 Place dough in a bowl coated with cooking spray, turning to coat top. Cover and let rest 15 minutes.

Nutrition per serving

74	2 g	2 g	12 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.5 g · 3% of daily needs
Fibre			0.4 g · 2% of daily needs
Sugar			0.1 g · 0% of daily needs
Sodium			44.3 mg · 2% of daily needs
Cholesterol			12.9 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pierogi-dough-147436