



Pierogi I

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



362 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 eggs
- 8 cups flour all-purpose
- 0.5 teaspoon salt
- 8 ounce cream sour
- 12 servings water

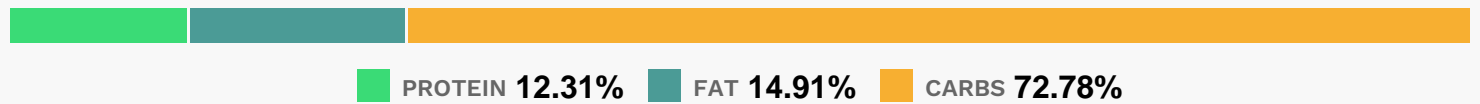
Equipment

- bowl
- pot

Directions

- In a large bowl, beat together eggs, carton sour cream, and salt. Stir in flour and warm water.
- Add water until dough feels like velvet. Turn out onto a lightly floured board, and knead until smooth.
- Roll out to a 1/8 to 1/4 inch thickness.
- Cut out 3 1/2 inch circles with either the top of a glass or a biscuit cutter. Cover with waxed paper to prevent drying out if not filling immediately.
- Place 1 or 2 tablespoons filling on one side of a circle of dough. Fold over, and seal by pressing the edges with a fork. Repeat until ingredients are used.
- Bring a large pot of water to a boil. Immerse pierogi. Cook until the dumplings float to the surface.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:46.01, Inflammation Score:-6, Nutrition Score:13.533043587337%

Nutrients (% of daily need)

Calories: 361.73kcal (18.09%), Fat: 5.88g (9.04%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 64.57g (21.52%), Net Carbohydrates: 62.32g (22.66%), Sugar: 0.92g (1.03%), Cholesterol: 65.71mg (21.9%), Sodium: 137.08mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.83%), Selenium: 33.45µg (47.79%), Vitamin B1: 0.66mg (44.25%), Folate: 160.53µg (40.13%), Vitamin B2: 0.51mg (30.03%), Manganese: 0.57mg (28.74%), Vitamin B3: 4.95mg (24.74%), Iron: 4.14mg (22.99%), Phosphorus: 133.4mg (13.34%), Fiber: 2.25g (9%), Copper: 0.17mg (8.59%), Vitamin B5: 0.65mg (6.53%), Magnesium: 24.35mg (6.09%), Zinc: 0.86mg (5.73%), Calcium: 46.96mg (4.7%), Vitamin A: 196.95IU (3.94%), Potassium: 133.05mg (3.8%), Vitamin B6: 0.07mg (3.47%), Vitamin B12: 0.17µg (2.84%), Vitamin D: 0.29µg (1.96%), Vitamin E: 0.28mg (1.84%)