



Pierogi (Polish Dumplings)

 Vegetarian  Popular

READY IN



100 min.

SERVINGS



48

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon double-acting baking powder
- 3 tablespoons butter
- 3 eggs
- 3 cups flour all-purpose
- 0.5 cup onion chopped
- 2 cups potatoes cold mashed
- 0.3 teaspoon salt
- 48 servings salt and pepper to taste

- 1.5 cups sauerkraut minced drained
- 8 ounce cup heavy whipping cream sour
- 1 teaspoon pepper white

Equipment

- frying pan
- pot
- slotted spoon

Directions

- To prepare the sauerkraut filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about 5 minutes.
- Add the drained sauerkraut and cook for an additional 5 minutes. Season to taste with salt and pepper, then remove to a plate to cool.
- For the mashed potato filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about 5 minutes. Stir into the mashed potatoes, and season with salt and white pepper.
- To make the dough, beat together the eggs and sour cream until smooth. Sift together the flour, salt, and baking powder; stir into the sour cream mixture until dough comes together. Knead the dough on a lightly floured surface until firm and smooth. Divide the dough in half, then roll out one half to 1/8 inch thickness.
- Cut into 3 inch rounds using a biscuit cutter.
- Place a small spoonful of the mashed potato filling into the center of each round. Moisten the edges with water, fold over, and press together with a fork to seal. Repeat procedure with the remaining dough and the sauerkraut filling.
- Bring a large pot of lightly salted water to a boil.
- Add perogies and cook for 3 to 5 minutes or until pierogi float to the top.
- Remove with a slotted spoon.

Nutrition Facts



■ PROTEIN 10.72% ■ FAT 31.51% ■ CARBS 57.77%

Properties

Glycemic Index:7.49, Glycemic Load:5.55, Inflammation Score:-1, Nutrition Score:2.2726087025974%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 56.5kcal (2.83%), Fat: 1.98g (3.05%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.6g (2.76%), Sugar: 0.41g (0.46%), Cholesterol: 14.9mg (4.97%), Sodium: 273.48mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Selenium: 3.74µg (5.34%), Vitamin B1: 0.07mg (4.81%), Folate: 18.68µg (4.67%), Manganese: 0.08mg (3.96%), Vitamin B2: 0.06mg (3.75%), Iron: 0.59mg (3.26%), Vitamin C: 2.55mg (3.09%), Phosphorus: 29.59mg (2.96%), Vitamin B3: 0.57mg (2.84%), Calcium: 25.39mg (2.54%), Fiber: 0.57g (2.29%), Vitamin B6: 0.04mg (2.18%), Potassium: 65.21mg (1.86%), Copper: 0.03mg (1.45%), Magnesium: 5.41mg (1.35%), Vitamin A: 67.16IU (1.34%), Vitamin B5: 0.13mg (1.25%)