



Pierogi with Curried Cabbage



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 cups cabbage shredded
- ☐ 1.5 teaspoons curry powder
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 onion thinly sliced
- ☐ 2 pound potato-and-onion pierogi frozen
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup greek yogurt plain low-fat

- ☐ 2 scallions chopped
- ☐ 4 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Combine the yogurt, scallions, lime juice and 3 tablespoons water in a small bowl; season with salt. Refrigerate until ready to serve.
- ☐ Combine 2 tablespoons butter with the paprika in a large microwave-safe bowl; microwave until the butter melts, about 30 seconds.
- ☐ Add the frozen pierogi and toss to coat.
- ☐ Spread the pierogi on a foil-lined baking sheet, transfer to the oven and bake, flipping halfway through, until golden, 20 to 25 minutes.
- ☐ Meanwhile, melt the remaining 2 tablespoons butter in a wide pot over medium-high heat.
- ☐ Add the onion and cook, stirring, until golden brown, about 8 minutes.
- ☐ Add the cabbage, curry powder, 3/4 teaspoon salt and a splash of water and cook, stirring occasionally, until the cabbage is tender, about 12 minutes. (
- ☐ Add another splash of water, if necessary.) Season with salt.
- ☐ Divide the cabbage and pierogi among plates; serve with the yogurt sauce.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:8.12, Inflammation Score:-9, Nutrition Score:21.478695704885%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 12.05mg, Isorhamnetin: 12.05mg, Isorhamnetin: 12.05mg, Isorhamnetin: 12.05mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 50.1mg, Quercetin: 50.1mg, Quercetin: 50.1mg, Quercetin: 50.1mg

Nutrients (% of daily need)

Calories: 277.51kcal (13.88%), Fat: 12.52g (19.27%), Saturated Fat: 7.73g (48.3%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 27.57g (10.02%), Sugar: 18.37g (20.41%), Cholesterol: 31.74mg (10.58%), Sodium: 256mg (11.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Vitamin K: 174.96µg (166.63%), Vitamin C: 98.13mg (118.94%), Fiber: 9.86g (39.45%), Folate: 142.29µg (35.57%), Manganese: 0.69mg (34.72%), Vitamin B6: 0.57mg (28.5%), Potassium: 754.21mg (21.55%), Calcium: 185.39mg (18.54%), Vitamin B1: 0.25mg (16.49%), Vitamin A: 770.96IU (15.42%), Phosphorus: 134.39mg (13.44%), Magnesium: 53.69mg (13.42%), Iron: 1.87mg (10.37%), Vitamin B2: 0.16mg (9.69%), Vitamin B5: 0.78mg (7.76%), Copper: 0.15mg (7.55%), Vitamin E: 0.98mg (6.5%), Zinc: 0.87mg (5.8%), Vitamin B3: 0.87mg (4.35%), Selenium: 2.16µg (3.09%), Vitamin D: 0.21µg (1.4%)