




Pierogi with Italian Plum Filling and Spiced Sour Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

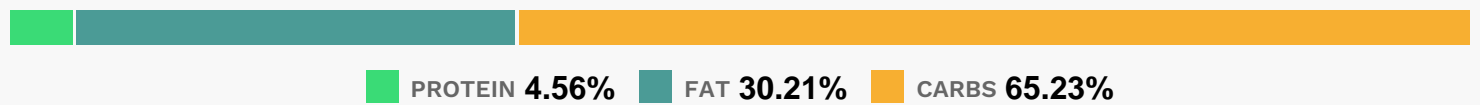
- 24 small plums italian
- 2 tablespoons sugar
- 1 cup cream sour
- 3 tablespoons powdered sugar
- 0.5 teaspoon vanilla extract pure
- 0.3 teaspoon nutmeg freshly grated
- 1 serving frangelico

Equipment

Directions

- Cut a slit into (but not through) each plum; remove pits. Fill cavity of each plum with 1/4 teaspoon sugar. Close plum before wrapping in dough. Use 1 plum for each pierogi.
- Mix together sour cream, confectioners' sugar, vanilla extract, and nutmeg.
- Serve chilled. Makes 1 cup.

Nutrition Facts



Properties

Glycemic Index:44.69, Glycemic Load:19.53, Inflammation Score:-8, Nutrition Score:11.659130490345%

Flavonoids

Cyanidin: 22.29mg, Cyanidin: 22.29mg, Cyanidin: 22.29mg, Cyanidin: 22.29mg Peonidin: 1.23mg, Peonidin: 1.23mg, Peonidin: 1.23mg, Peonidin: 1.23mg Catechin: 11.44mg, Catechin: 11.44mg, Catechin: 11.44mg, Catechin: 11.44mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg Epicatechin 3-gallate: 3.01mg, Epicatechin 3-gallate: 3.01mg, Epicatechin 3-gallate: 3.01mg, Epicatechin 3-gallate: 3.01mg Epigallocatechin 3-gallate: 1.58mg, Epigallocatechin 3-gallate: 1.58mg, Epigallocatechin 3-gallate: 1.58mg, Epigallocatechin 3-gallate: 1.58mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg

Nutrients (% of daily need)

Calories: 344.55kcal (17.23%), Fat: 12.33g (18.97%), Saturated Fat: 5.91g (36.92%), Carbohydrates: 59.9g (19.97%), Net Carbohydrates: 54.33g (19.75%), Sugar: 53.2g (59.11%), Cholesterol: 33.92mg (11.31%), Sodium: 18.07mg (0.79%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 4.18g (8.37%), Vitamin C: 38.14mg (46.23%), Vitamin A: 1724.55IU (34.49%), Vitamin K: 26.21µg (24.96%), Fiber: 5.57g (22.28%), Potassium: 695.01mg (19.86%), Copper: 0.24mg (11.93%), Vitamin B2: 0.2mg (11.91%), Manganese: 0.22mg (10.88%), Phosphorus: 107.36mg (10.74%), Vitamin B3: 1.71mg (8.54%), Magnesium: 33.76mg (8.44%), Vitamin E: 1.25mg (8.32%), Calcium: 82.24mg (8.22%), Vitamin B1: 0.12mg (8.19%), Vitamin B5: 0.73mg (7.28%), Vitamin B6: 0.14mg (6.94%), Folate: 23.34µg (5.84%), Iron: 0.72mg (4.02%), Zinc: 0.59mg (3.93%), Selenium: 2.2µg (3.15%), Vitamin B12: 0.12µg (2.01%)