



Pierogies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 stick butter
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 24 servings kosher salt
- ☐ 1 small onion chopped
- ☐ 2 cups potatoes sweet white mashed or
- ☐ 0.8 cup milk whole soy or

Equipment

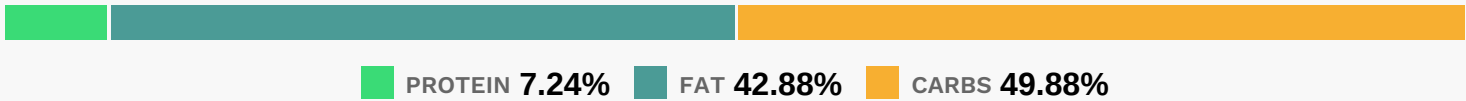
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Combine the flour, milk and 1/4 teaspoon salt in a food processor. Pulse until the dough forms into a ball.
- ☐ Roll out the dough on a floured board and cut into 2 1/2- by 2 1/2-inch squares. Drop about 2 teaspoons of mashed potato in the center of a dough square. Dip a finger in water, run it around the edge of the square, fold the potato inside and pinch the edges to seal. Repeat with the remaining dough and potato filling.
- ☐ Place the finished pierogies onto floured sheet pans.
- ☐ Bring a large pot of salted water to a rolling boil and drop the pierogies in. When they all float to the top, they are done, 3 to 4 minutes. Strain and place in a bowl.
- ☐ While the pierogies are cooking, in large skillet over medium heat, melt the butter.
- ☐ Add the onions and saute until medium brown, 6 to 8 minutes.
- ☐ Pour over the pierogies, gently toss and serve.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:7.05, Inflammation Score:-8, Nutrition Score:3.8243478692096%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 87.04kcal (4.35%), Fat: 4.14g (6.38%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 10.19g (3.7%), Sugar: 0.98g (1.09%), Cholesterol: 0.92mg (0.31%), Sodium: 247.51mg (10.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Vitamin A: 1753.22IU (35.06%), Vitamin B1: 0.1mg (6.43%), Selenium: 3.76µg (5.37%), Folate: 20.88µg (5.22%), Manganese: 0.1mg (5.21%), Vitamin B2: 0.07mg (4.19%),

Vitamin B3: 0.69mg (3.45%), Iron: 0.56mg (3.1%), Fiber: 0.66g (2.65%), Phosphorus: 26.09mg (2.61%), Potassium: 66.21mg (1.89%), Vitamin B6: 0.04mg (1.82%), Vitamin B5: 0.17mg (1.7%), Calcium: 16.47mg (1.65%), Copper: 0.03mg (1.65%), Magnesium: 6.42mg (1.6%), Vitamin E: 0.19mg (1.24%)