



Pierogies with Bacon, Sautéed Onion, and Sour Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.3 teaspoon thyme leaves dried
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 2 cups onion vertically sliced
- 12 potato and onion pierogies frozen (such as Mrs. T's)
- 1 cup peas green frozen
- 0.1 teaspoon salt

- 1 teaspoon sugar
- 8 slices center-cut bacon

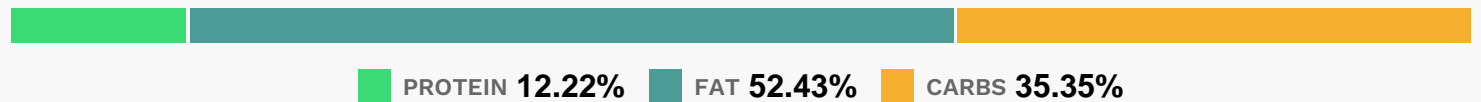
Equipment

- frying pan

Directions

- Cook the pierogies according to package directions.
- Cook bacon in a large nonstick skillet until crisp.
- Remove bacon; crumble. Increase heat to medium-high.
- Add onion, sugar, and thyme to drippings in pan; saut 5 minutes. Stir in peas; saut 1 minute.
- Add pierogies, salt, and pepper; cook 30 seconds.
- Sprinkle with crumbled bacon.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:50.11, Glycemic Load:10.56, Inflammation Score:-9, Nutrition Score:19.079999892608%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 20.54mg, Isorhamnetin: 20.54mg, Isorhamnetin: 20.54mg, Isorhamnetin: 20.54mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 83.23mg, Quercetin: 83.23mg, Quercetin: 83.23mg, Quercetin: 83.23mg

Nutrients (% of daily need)

Calories: 517.33kcal (25.87%), Fat: 30.67g (47.18%), Saturated Fat: 10.72g (67.01%), Carbohydrates: 46.53g (15.51%), Net Carbohydrates: 37.46g (13.62%), Sugar: 20.47g (22.74%), Cholesterol: 52.55mg (17.52%), Sodium: 579.51mg (25.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.15%), Vitamin C: 45mg (54.55%), Vitamin B6: 0.75mg (37.41%), Fiber: 9.08g (36.3%), Manganese: 0.7mg (34.93%), Vitamin B1: 0.49mg (32.66%), Phosphorus: 272.16mg (27.22%), Folate: 103.23µg (25.81%), Selenium: 17.63µg (25.19%), Potassium: 861.46mg (24.61%), Vitamin

B3: 4.14mg (20.71%), Magnesium: 63.29mg (15.82%), Zinc: 2.07mg (13.82%), Vitamin B2: 0.23mg (13.8%), Copper: 0.26mg (12.89%), Calcium: 128.74mg (12.87%), Vitamin K: 11.88µg (11.31%), Iron: 1.78mg (9.91%), Vitamin B5: 0.94mg (9.42%), Vitamin A: 362.02IU (7.24%), Vitamin B12: 0.42µg (7.01%), Vitamin E: 0.49mg (3.25%), Vitamin D: 0.32µg (2.11%)