



Piroshki

READY IN



45 min.

SERVINGS



30

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pound bread dough white frozen
- 0.5 cup carrots finely chopped
- 1 large egg white lightly beaten
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves minced
- 1 pound lamb lean
- 2 tablespoons cup heavy whipping cream sour low-fat
- 6 cups napa cabbage chinese thinly sliced ()
- 1 tablespoon olive oil

- 1.8 cups onion chopped
- 1 tablespoon salt

Equipment

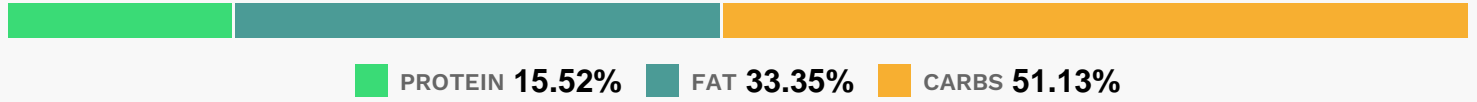
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- colander

Directions

- Thaw dough in refrigerator 12 hours.
- Combine cabbage and salt in a large bowl; toss well.
- Let stand 1 hour.
- Drain well. Pat cabbage dry with a paper towel. Return to bowl; set aside.
- Heat oil in a large nonstick skillet over medium heat.
- Add onion; saut 4 minutes. Stir in carrot; cover, reduce heat to low, and cook 8 minutes.
- Add lamb, cilantro, and garlic; cook, uncovered, over medium-high heat until browned, stirring to crumble.
- Drain lamb mixture in a colander; pat dry with paper towels.
- Add lamb mixture and sour cream to cabbage; toss well.
- Preheat oven to 35
- Divide dough into 30 equal portions. Working with 1 portion at a time (cover remaining portions to keep dough from drying out), roll into a 4-inch circle on a lightly floured surface. Spoon 2 heaping tablespoons cabbage mixture onto half of circle. Fold dough over filling; press edges together with a fork to seal.
- Place turnovers on a baking sheet coated with cooking spray, and brush with egg white. Repeat procedure with remaining dough, cabbage mixture, and egg white.
- Bake at 350 for 25 minutes or until golden.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.59, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:2.0139130283471%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 128.74kcal (6.44%), Fat: 4.62g (7.1%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 14.93g (5.43%), Sugar: 0.72g (0.8%), Cholesterol: 11.32mg (3.77%), Sodium: 392.22mg (17.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Vitamin A: 416.56IU (8.33%), Vitamin K: 7.54µg (7.18%), Vitamin C: 5.03mg (6.09%), Fiber: 1g (3.99%), Folate: 14.41µg (3.6%), Vitamin B6: 0.05mg (2.62%), Manganese: 0.05mg (2.43%), Calcium: 17.72mg (1.77%), Potassium: 61.67mg (1.76%), Iron: 0.3mg (1.66%), Vitamin B2: 0.02mg (1.03%)