



Pittsburgh Steeler Super Bowl® Sampler

READY IN



60 min.

SERVINGS



8

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 head cabbage shredded
- ☐ 12 ounce extra wide egg noodles
- ☐ 8 servings salt and cracked pepper black to taste
- ☐ 16 ounce kielbasa sausage cubed
- ☐ 2 onions sweet cut into rings
- ☐ 25.6 ounce pierogies frozen mini
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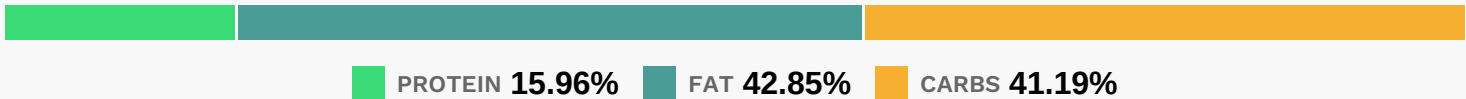
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Melt the butter in a large, nonstick skillet over medium heat. Stir in the onion, and cook until very tender, about 10 minutes. Stir in as much cabbage as will fit in the pan, and cook until the cabbage is very tender, about 15 minutes. Stir in the remaining cabbage as the mixture cooks down.
- ☐ Meanwhile, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the egg noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Stir the kielbasa into the cabbage mixture and cook a few minutes to warm. Fold in the egg noodles, then gently fold in the pierogies. Cover, and cook until the pierogies are hot in the center, about 10 minutes more. Season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:14.37, Inflammation Score:-7, Nutrition Score:20.497826151226%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg

Nutrients (% of daily need)

Calories: 415.61kcal (20.78%), Fat: 19.95g (30.69%), Saturated Fat: 7.33g (45.79%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 38.15g (13.87%), Sugar: 8.59g (9.54%), Cholesterol: 84.07mg (28.02%), Sodium: 612.88mg (26.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.44%), Vitamin K: 87.19µg (83.04%), Vitamin C: 45.91mg (55.65%), Selenium: 34.3µg (49%), Manganese: 0.61mg (30.57%), Vitamin B6: 0.51mg (25.69%), Phosphorus: 231.72mg (23.17%), Vitamin B1: 0.33mg (22.1%), Folate: 80.84µg (20.21%), Fiber: 4.99g (19.94%), Vitamin B3: 3.94mg (19.68%), Zinc: 2.36mg (15.75%), Potassium: 536.68mg (15.33%), Magnesium: 53.74mg (13.44%), Iron: 2.19mg (12.16%), Copper: 0.23mg (11.59%), Vitamin B5: 1.09mg (10.94%), Vitamin B12: 0.61µg (10.19%), Vitamin B2: 0.17mg (10.03%), Calcium: 82.9mg (8.29%), Vitamin D: 0.86µg (5.76%), Vitamin A: 268.41IU (5.37%), Vitamin E: 0.53mg (3.55%)