



Potato Pierogi with Sour Cream

 Vegetarian

READY IN



50 min.

SERVINGS



50

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter divided
- 1 cup knudsen cream sour
- 8 oz philadelphia cream cheese divided
- 1 eggs
- 4.5 cups flour
- 0.3 cup chives fresh chopped
- 3 green onions sliced
- 0.3 tsp pepper

- 1.3 lb potatoes red cooled cooked peeled mashed (4)
- 1 tsp salt
- 4 small shallots divided minced
- 1 cup warm water

Equipment

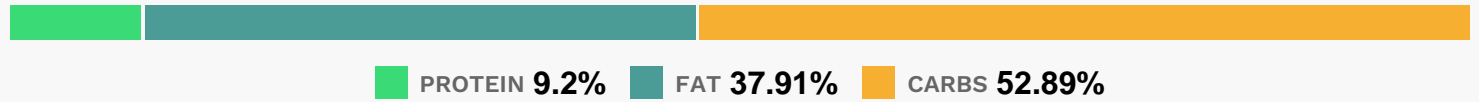
- bowl
- frying pan
- sauce pan
- blender
- slotted spoon

Directions

- Combine flour and salt in large bowl. Cube half the cream cheese.
- Add to flour mixture; cut with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Add egg and warm water; mix until mixture forms ball.
- Place on lightly floured surface. Knead 5 min. or until dough is smooth and elastic.
- Mix remaining cream cheese with potatoes, onions and pepper until blended.
- Roll out dough on lightly floured surface to 1/8-inch thickness; cut into 48 (3-1/2-inch) rounds, rerolling trimmings as necessary. Spoon 1 Tbsp. potato mixture onto center of each round. Lightly brush water around edge of each dough round; fold in half to enclose filling. Seal edges with fork.
- Bring large saucepan of water to boil.
- Add pierogi, 12 at a time; cook 3 to 4 min. or until they float to the surface.
- Remove pierogi from water with slotted spoon; drain.
- Melt 1 Tbsp. butter in large skillet in medium heat.
- Add 1/4 of the shallots and 12 pierogi; cook and stir 4 min. or until pierogi are golden brown. Repeat, in batches, with remaining butter, shallots and pierogi.
- Mix sour cream and chives until blended.

Serve with the pierogi.

Nutrition Facts



Properties

Glycemic Index:5.82, Glycemic Load:6.37, Inflammation Score:-2, Nutrition Score:2.752608736896%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 85.02kcal (4.25%), Fat: 3.59g (5.52%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 10.68g (3.88%), Sugar: 0.69g (0.76%), Cholesterol: 13.01mg (4.34%), Sodium: 73.59mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin B1: 0.1mg (6.78%), Selenium: 4.74µg (6.78%), Folate: 25.11µg (6.28%), Manganese: 0.1mg (5.15%), Vitamin B2: 0.08mg (4.88%), Vitamin B3: 0.81mg (4.07%), Iron: 0.67mg (3.71%), Phosphorus: 31.03mg (3.1%), Vitamin A: 139.5IU (2.79%), Potassium: 86.26mg (2.46%), Vitamin K: 2.56µg (2.44%), Fiber: 0.59g (2.35%), Vitamin B6: 0.04mg (1.89%), Copper: 0.04mg (1.86%), Vitamin C: 1.43mg (1.73%), Magnesium: 6.68mg (1.67%), Vitamin B5: 0.14mg (1.44%), Calcium: 14.29mg (1.43%), Zinc: 0.18mg (1.19%)