



Roasted-Garlic Pierogi with Shallot-Browned Butter

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound baking potatoes
- 0.3 teaspoon pepper black freshly ground
- 4 tablespoons butter
- 2 large eggs
- 0.5 cup yogurt plain fat-free
- 3 cups flour all-purpose
- 1 small garlic head whole

- 1 teaspoon olive oil
- 0.5 teaspoon salt
- 0.7 cup shallots finely chopped
- 0.3 cup cup heavy whipping cream fat-free sour
- 12 cups water

Equipment

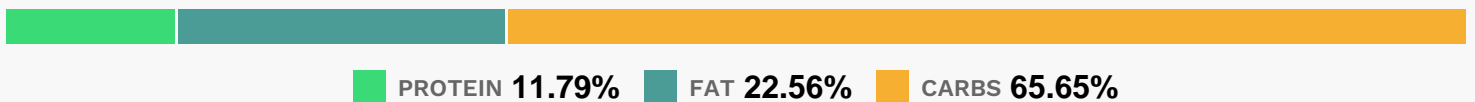
- bowl
- frying pan
- baking sheet
- oven
- knife
- potato masher
- aluminum foil
- measuring cup
- slotted spoon
- dutch oven
- colander

Directions

- Preheat oven to 40
- To prepare filling, pierce the potatoes with a fork; place potatoes on a baking sheet.
- Remove white papery skin from garlic head (do not peel or separate cloves).
- Drizzle garlic head with oil, and wrap in foil.
- Place garlic on baking sheet.
- Bake potato and garlic at 400 for 1 hour or until tender. Cool slightly. Peel potatoes; discard skins.
- Place potatoes in a large bowl. Separate garlic cloves; squeeze to extract garlic pulp.

- Add garlic to potatoes, and mash with a potato masher until smooth. Stir in sour cream, 1/2 teaspoon salt, and black pepper. Set aside.
- To prepare dough, combine the yogurt, 1/2 teaspoon salt, and eggs in a large bowl. Lightly spoon flour into dry measuring cups; level with a knife.
- Add flour to yogurt mixture; stir well to combine. Turn dough out onto a lightly floured surface; knead until smooth. Divide dough into 24 equal portions, shaping each into a ball. Working with 1 portion at a time (cover remaining dough to prevent drying), roll each ball into a 3 1/2-inch circle on a lightly floured surface. Spoon 1 rounded tablespoon filling onto half of each circle. Fold dough over filling; press edges together to seal. Repeat procedure with remaining dough and filling.
- Bring 12 cups water to a boil in a large Dutch oven.
- Add half of pierogi; cook 6 minutes or until tender.
- Remove pierogi with a slotted spoon; place in a colander. Repeat procedure with the remaining pierogi.
- To prepare the browned butter while pierogi cook, melt butter in a large nonstick skillet over medium heat; cook 10 minutes or until lightly browned (be careful not to burn).
- Add shallots; cook 1 minute.
- Add pierogi; cook 2 minutes, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:50.29, Glycemic Load:46.38, Inflammation Score:-6, Nutrition Score:16.513912853987%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 422.28kcal (21.11%), Fat: 10.56g (16.25%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 69.18g (23.06%), Net Carbohydrates: 65.64g (23.87%), Sugar: 4.38g (4.87%), Cholesterol: 83.34mg (27.78%), Sodium: 338.66mg (14.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Selenium: 28.33µg (40.48%), Vitamin B1: 0.59mg (39.35%), Folate: 145.54µg (36.39%), Manganese: 0.65mg (32.34%), Vitamin B2: 0.48mg (28.3%), Iron: 4.2mg (23.33%), Vitamin B3: 4.58mg (22.89%), Vitamin B6: 0.43mg (21.34%), Phosphorus: 202.15mg (20.21%),

Potassium: 562.75mg (16.08%), Copper: 0.29mg (14.3%), Fiber: 3.54g (14.17%), Magnesium: 48.69mg (12.17%), Calcium: 108.71mg (10.87%), Vitamin B5: 0.98mg (9.78%), Zinc: 1.29mg (8.57%), Vitamin C: 6.75mg (8.18%), Vitamin A: 351.42IU (7.03%), Vitamin B12: 0.32µg (5.29%), Vitamin E: 0.54mg (3.63%), Vitamin K: 3.05µg (2.9%), Vitamin D: 0.33µg (2.22%)