

Romanov Piroshki

 Dairy Free

READY IN



60 min.

SERVINGS



15

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs beaten
- 2 cups flour all-purpose
- 0.1 teaspoon ground pepper black
- 1.5 pounds ground beef lean
- 3 onions chopped
- 0.1 teaspoon salt
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- cookie cutter
- rolling pin

Directions

- To Make Meat
- Heat 2 tablespoons oil in a large skillet over medium high heat.
- Saute onions until golden brown, then remove from skillet and set aside.
- Add remaining 2 tablespoons oil to skillet and heat for 1 minute over medium high heat.
- Add beef and cook until browned, mashing with a fork to break into small pieces.
- Drain fat.
- Place beef, sauteed onions, salt and pepper in a blender and blend on high for 5 to 7 seconds; set aside.
- To Make Dough: In a medium bowl, combine flour, salt and egg and mix well. Stir in water, a little bit at a time, until dough is stiff. Knead dough for 2 to 4 minutes on a lightly floured surface.
- Roll out dough to 1/8 inch thickness with a rolling pin. With a glass or cookie cutter, cut out rounds about 3 inches in diameter.
- Preheat oven to 400 degrees F (200 degrees C).
- Place 1 tablespoon filling on 1/2 of each dough circle. Moisten edges of dough with a little water; fold dough over filling and press edges together, first with your fingers, then with a fork.
- Place piroshki on a lightly greased cookie sheet and bake for 30 minutes, or until golden brown.
- Brush with melted butter and serve at room temperature.

Nutrition Facts



■ PROTEIN 32.49% ■ FAT 27.59% ■ CARBS 39.92%

Properties

Glycemic Index:8.93, Glycemic Load:9.66, Inflammation Score:-3, Nutrition Score:7.6208696948445%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 151.88kcal (7.59%), Fat: 4.55g (6.99%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 13.98g (5.08%), Sugar: 0.99g (1.1%), Cholesterol: 39.03mg (13.01%), Sodium: 54.7mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.09%), Selenium: 14.55µg (20.79%), Vitamin B3: 3.5mg (17.52%), Vitamin B12: 1.04µg (17.37%), Zinc: 2.5mg (16.67%), Phosphorus: 120.03mg (12%), Iron: 1.95mg (10.85%), Vitamin B6: 0.22mg (10.83%), Vitamin B1: 0.16mg (10.72%), Vitamin B2: 0.17mg (10.28%), Folate: 38.33µg (9.58%), Manganese: 0.15mg (7.48%), Potassium: 211.17mg (6.03%), Vitamin B5: 0.44mg (4.36%), Magnesium: 16.23mg (4.06%), Copper: 0.07mg (3.49%), Vitamin K: 3.64µg (3.47%), Fiber: 0.83g (3.31%), Vitamin E: 0.32mg (2.14%), Vitamin C: 1.63mg (1.97%), Calcium: 13.37mg (1.34%)