

Sarah's Knish

 Vegetarian

READY IN



180 min.

SERVINGS



60

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7 baking potatoes cubed peeled
- ☐ 2 egg yolks
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 2 tablespoons milk
- ☐ 2 onions chopped

- ☐ 1 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup warm water
- ☐ 2 teaspoons sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot

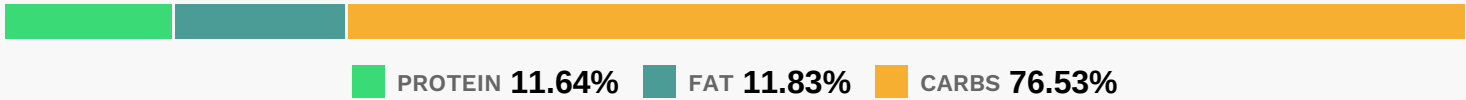
Directions

- ☐ Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Heat 1/4 cup of vegetable oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Combine potatoes and onions in a large bowl; season with 2 teaspoons of salt, pepper, sugar, and garlic. Mash until smooth; set aside.
- ☐ Preheat an oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.
- ☐ Beat eggs, 1/2 cup of vegetable oil, warm water, and 1 teaspoon of salt. Gradually stir in flour. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Divide the dough into thirds and roll each piece out to about 9x13-inches. Slice the rolled dough in half lengthwise, then spread the potato mixture down the center of each strip.
- ☐ Roll each strip around the filling and gently press to seal. Repeat with the remaining dough and filling to end with six logs.
- ☐ Cut each log into 1-inch slices and place cut side down on the prepared baking sheet. Gently press the edges of the dough toward the center of the potato mixture to form a bun. Beat egg

yolks and milk together in a small bowl.

- ☐ Brush each knish with the the egg yolk mixture.
- ☐ Bake in the preheated oven until golden brown, 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:5.95, Glycemic Load:8.32, Inflammation Score:-1, Nutrition Score:2.5847825770793%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 59.64kcal (2.98%), Fat: 0.78g (1.21%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 10.8g (3.93%), Sugar: 0.5g (0.55%), Cholesterol: 12mg (4%), Sodium: 43.09mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Vitamin B1: 0.09mg (5.97%), Selenium: 3.75µg (5.35%), Manganese: 0.11mg (5.33%), Folate: 21µg (5.25%), Vitamin B6: 0.1mg (4.97%), Vitamin B3: 0.76mg (3.78%), Iron: 0.65mg (3.64%), Vitamin B2: 0.06mg (3.59%), Potassium: 121.98mg (3.49%), Phosphorus: 29.61mg (2.96%), Fiber: 0.62g (2.48%), Copper: 0.04mg (2.09%), Magnesium: 8.29mg (2.07%), Vitamin C: 1.7mg (2.06%), Vitamin B5: 0.16mg (1.59%), Vitamin K: 1.22µg (1.16%), Zinc: 0.17mg (1.15%)