



Smoked Ham Stuffed Perogies

READY IN



35 min.

SERVINGS



12

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 2 cups bread flour
- ☐ 0.5 stick butter
- ☐ 0.5 cup ham smoked diced
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup gruyere cheese shredded
- ☐ 2 teaspoons olive oil
- ☐ 1 small onion sliced

- ☐ 0.3 cup peas sweet frozen thawed
- ☐ 2 cups potatoes leftover mashed
- ☐ 1 teaspoon salt
- ☐ 2 scallions sliced
- ☐ 12 servings cup heavy whipping cream sour
- ☐ 1 cup warm water
- ☐ 1 gallon water salted

Equipment

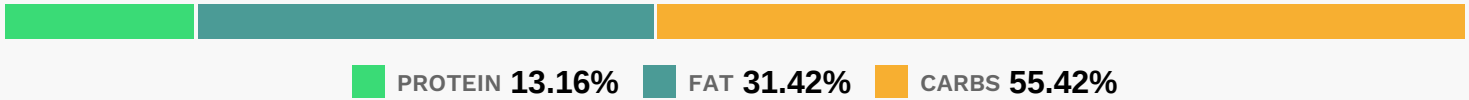
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, add filling ingredients and combine well. Set aside.
- ☐ In a large bowl add both flours, baking powder and salt and mix well. In a separate bowl add the remaining dough ingredients and whisk until combined.
- ☐ Add wet ingredients to the dry ingredient using a wooden spoon to form a ball.
- ☐ Cut in half. (You can freeze dough for another time, if desired.)
- ☐ Flour a work surface and roll dough about 1/8-inch thick. Use a 3-inch biscuit cutter to cut out 12 rounds from the dough.
- ☐ Place a dollop of filling in the center of each dough round. Fold dough over filling to form a half moon. Press edges together with your thumb. Seal the edges using the flat tines of a fork.
- ☐ Bring a large saucepan of salted water to a simmer.
- ☐ Add perogies and cook for about 2 minutes.
- ☐ Drain perogies.

- ☐
- Meanwhile, in a large skillet over high heat, melt half of the butter and add the onion.
- ☐
- Cook onions for 5 to 6 minutes until slightly caramelized.
- ☐
- Add perogies and the remaining butter. Allow to saute for a few minutes, then add the scallions.
- ☐
- Remove to a platter and serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:39.26, Glycemic Load:26.06, Inflammation Score:-5, Nutrition Score:9.0921738951103%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 281.84kcal (14.09%), Fat: 9.8g (15.07%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 36.73g (13.36%), Sugar: 1.31g (1.46%), Cholesterol: 40.29mg (13.43%), Sodium: 387.5mg (16.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.46%), Selenium: 17.95µg (25.64%), Manganese: 0.39mg (19.38%), Vitamin B1: 0.23mg (15.16%), Folate: 58.09µg (14.52%), Phosphorus: 137.47mg (13.75%), Vitamin B2: 0.19mg (11.04%), Vitamin C: 9.02mg (10.93%), Calcium: 100.63mg (10.06%), Copper: 0.19mg (9.62%), Vitamin B3: 1.91mg (9.55%), Iron: 1.7mg (9.46%), Fiber: 2.16g (8.62%), Vitamin B6: 0.15mg (7.46%), Potassium: 256.57mg (7.33%), Magnesium: 29.11mg (7.28%), Vitamin K: 6.77µg (6.45%), Zinc: 0.95mg (6.32%), Vitamin A: 308.64IU (6.17%), Vitamin B5: 0.43mg (4.31%), Vitamin E: 0.42mg (2.8%), Vitamin B12: 0.15µg (2.56%)