



Smothered Pierogies

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bulk sausage italian
- 4 ounce mushrooms drained sliced canned
- 0.1 teaspoon basil dried
- 2 teaspoons parsley dried
- 2 cloves garlic minced
- 0.5 teaspoon garlic powder
- 1 small bell pepper green sliced
- 1 tablespoon olive oil

- 1 onion sliced
- 0.1 teaspoon oregano dried
- 1 small bell pepper red sliced
- 0.3 cup romano cheese grated
- 4 servings salt and pepper black to taste
- 8 ounce mozzarella cheese shredded

Equipment

- bowl
- frying pan

Directions

- Heat a large skillet over medium-high heat and stir in the Italian sausage. Cook and stir until crumbly, evenly browned, and no longer pink.
- Drain and discard any excess grease, then remove the sausage from the skillet and place into a bowl.
- Heat 1 tablespoon of olive oil in the skillet. Stir in the onion, green bell pepper, and red bell pepper; cook and stir until the onion is golden, and the peppers are tender, about 8 minutes. Stir in the garlic and mushrooms; cook for 1 minute more. Season with parsley, garlic powder, oregano, basil, and red pepper flakes. Season to taste with salt and pepper. Stir to combine, then scrape the vegetables into the bowl with the sausage.
- Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.
- Place the pierogies into the hot oil, and cook until golden brown on each side and hot in the center, about 5 minutes. Spoon the sausage and vegetable mixture over the pierogies.
- Sprinkle with mozzarella cheese and Romano cheese. Cover, and cook until the cheese has melted.

Nutrition Facts

  
 PROTEIN **21.18%**  FAT **71.16%**  CARBS **7.66%**

Properties

Glycemic Index:47.75, Glycemic Load:1.51, Inflammation Score:-7, Nutrition Score:17.299130419026%

Flavonoids

Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 451.86kcal (22.59%), Fat: 35.83g (55.13%), Saturated Fat: 15.45g (96.55%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 6.71g (2.44%), Sugar: 3.71g (4.12%), Cholesterol: 94.38mg (31.46%), Sodium: 1162.46mg (50.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24g (47.99%), Vitamin C: 42.26mg (51.22%), Calcium: 381.06mg (38.11%), Selenium: 26.24µg (37.48%), Phosphorus: 368.17mg (36.82%), Vitamin B12: 1.88µg (31.31%), Vitamin B1: 0.4mg (26.9%), Zinc: 3.19mg (21.26%), Vitamin A: 1059.86IU (21.2%), Vitamin B2: 0.32mg (18.66%), Vitamin B6: 0.37mg (18.41%), Vitamin B3: 2.68mg (13.41%), Potassium: 353.56mg (10.1%), Manganese: 0.19mg (9.73%), Magnesium: 34.17mg (8.54%), Iron: 1.52mg (8.45%), Fiber: 1.97g (7.87%), Copper: 0.15mg (7.71%), Vitamin B5: 0.75mg (7.49%), Vitamin K: 7.57µg (7.2%), Folate: 28.49µg (7.12%), Vitamin E: 1.02mg (6.79%), Vitamin D: 0.31µg (2.1%)