



Sweet Vanilla Cheese Pierogi

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1 tablespoon butter divided
- ☐ 16 servings pierogi dough
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup curd cottage cheese 2% low-fat
- ☐ 0.7 cup sugar
- ☐ 1 vanilla pod
- ☐ 2 quarts water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ slotted spoon
- ☐ colander
- ☐ cheesecloth

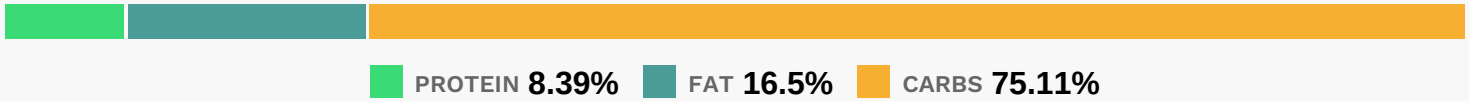
Directions

- ☐ Spoon cottage cheese into a cheesecloth-lined sieve over a medium bowl; let stand 1 hour. Scrape drained cottage cheese into a food processor or blender.
- ☐ Combine sugar and flour.
- ☐ Add sugar mixture to cottage cheese; process until well blended. Scrape seeds from vanilla bean; add seeds to cheese mixture, reserving bean for another use.
- ☐ Add cream cheese to cheese mixture; pulse until smooth.
- ☐ Place cheese mixture in a bowl; chill in freezer for 30 minutes.
- ☐ Divide Pierogi Dough into 16 equal portions, shaping each into a ball. Working with one 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 teaspoon cheese mixture onto half of each circle. Bring 2 opposite sides of circle to center, and pinch to seal, beginning with center and pinching down both sides to form a half-moon shape. Repeat with remaining dough and cheese mixture.
- ☐ Bring water to a boil in a large saucepan.
- ☐ Add half of pierogi; cook 7 minutes or until done (pierogi will rise to the surface).

- ☐
- Remove pierogi with a slotted spoon, and drain in a colander (pierogi will stick to a paper towel).

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Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:9.74, Inflammation Score:-1, Nutrition Score:2.2978261048379%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 109.1kcal (5.45%), Fat: 2.02g (3.1%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 20.1g (7.31%), Sugar: 9.98g (11.09%), Cholesterol: 2.16mg (0.72%), Sodium: 132.38mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.61%), Selenium: 5.33µg (7.61%), Vitamin B1: 0.11mg (7.46%), Vitamin B2: 0.09mg (5.01%), Manganese: 0.1mg (4.9%), Folate: 18.91µg (4.73%), Vitamin B3: 0.82mg (4.12%), Iron: 0.68mg (3.78%), Phosphorus: 25.19mg (2.52%), Copper: 0.05mg (2.27%), Fiber: 0.54g (2.17%), Magnesium: 4.96mg (1.24%), Calcium: 10.92mg (1.09%)