

# Pierogies with Meat Sauce

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1 package (12.9 ounce) frozen potato  
pierogies  
8 ounces chorizo sausage,   
1 1/2 cups cherry tomatoes, halved  
1 can (8 ounce) tomato sauce  
halved cherry tomatoes (for garnish)  
watercress (for garnish)

In a saucepan, cook the pierogies according to  
package directions. Drain.

In a saucepan, cook the chorizo until no longer  
pink. Drain. Add the cherry tomatoes and  
tomato sauce. Cook for 10 minutes.

Place the pierogies in a serving dish. Cover with  
the chorizo mixture. Garnish with cherry tomato  
halves and watercress.

Serve.

Per Serving (excluding unknown  
items): 121 Calories; 1g Fat (6.8%  
calories from fat); 5g Protein; 28g  
Carbohydrate; 6g Dietary Fiber;  
0mg Cholesterol; 1503mg Sodium.  
Exchanges: 5 Vegetable.

Pasta

## Per Serving Nutritional Analysis

Calories (kcal):	121	Vitamin B6 (mg):	.5mg
% Calories from Fat:	6.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	78.8%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	14.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	57mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	0.0%
Carbohydrate (g):	28g	<b>Food Exchanges</b>	
Dietary Fiber (g):	6g	Grain (Starch):	0
	5g		0

**Protein (g):**  
**Sodium (mg):** 1503mg  
**Potassium (mg):** 1412mg  
**Calcium (mg):** 46mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 58mg  
**Vitamin A (i.u.):** 3811IU  
**Vitamin A (r.e.):** 380 1/2RE

**Lean Meat:**  
**Vegetable:** 5  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 121 **Calories from Fat:** 8

### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1503mg	63%
<b>Total Carbohydrates</b>	28g	9%
Dietary Fiber	6g	23%
<b>Protein</b>	5g	
<b>Vitamin A</b>		76%
<b>Vitamin C</b>		97%
<b>Calcium</b>		5%
<b>Iron</b>		16%

\* Percent Daily Values are based on a 2000 calorie diet.