



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
4116400375	351686	10041164003756	4 x 72 CT

Brand	Brand Owner	GPC Description
Ateco, Inc.	Mrs. Ts Pierogies	Dough Based Products / Meals - Not Ready to Eat - Savoury (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
27.26 LBR	24.86 LBR	No	United States	Yes	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.32 INH	12.8 INH	12.14 INH	1.29 FTQ	5x9	540 Days	0 FAH / 0 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C

Eggs - C

Soy - C

Wheat - C

Sesame - N
- Peanuts - N

Tree Nuts - N

Fish - N

Shellfish - NI

HANDLING SUGGESTIONS

Keep Frozen

MORE INFORMATION

SERVING SUGGESTIONS

Saute, boil, fry, steam, or bake and top with your favorite seasonings and sauces.

PREPARATION & COOKING SUGGESTIONS

Sauté: Sauté frozen pierogies in skillet with butter or oil on medium heat. Turn occasionally until golden brown, approximately 8 minutes on each side.Boil: Bring 2 quarts of water to boil. Add frozen pierogies and heat for 5-7 minutes (DO NOT wait for water to re-boil); drain. Top with butter and sautéed onions.Bake: Preheat oven to 400°F. Spray cooking sheet and both sides of pierogies with non-stick cook spray. Bake 18-20 minutes until golden brown and puffed, turning ½ way through bake time. Convection Oven: Preheat oven to 350°F. Spray cooking sheet and both sides of pierogies with non-stick cook spray. Bake 16-18 minutes until golden brown and puffed. For best results turn pasta turn ½ way through bake time. Deep Fry: Preheat oil to 350°F. Place frozen pasta in oil for 4 minutes until nicely browned and float. Steamed: Place a bag of frozen pasta in a slotted or solid pan, steam for 10-12 minutes. When steaming a full unit allow an additional 10-12 minutes ...

Nutrition Facts

96 Servings per container

Serving Size3 pc.

Amount Per Serving

Calories220

% Daily Value*

Total Fat 7 g11%

Saturated Fat 4 g20%

Trans Fat 0 g

Cholesterol 10 mg3%

Sodium 410 mg17%

Total Carbohydrates 31 g15%

Dietary Fiber 3 g12%

Total Sugars 0 g

Includes Added Sugars%

Protein 10 g

Vitamin D%

Calcium10%

Iron10%

Potassium%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Ingredients: Water, Whole Wheat and Enriched Durum Flours (Whole Wheat Flour, Durum Flour, Niacin, Ferrous Sulfate (Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Process American Cheese (Cheese [pasteurized milk, cultured milk, skim milk, cheese cultures, salt, enzymes, calcium chloride], Water, Cream, Sodium Citrate or Sodium Phosphate [emulsifier], Milk Fat, Salt, Sorbic Acid, Acetic Acid or Lactic Acid [preservative], Artificial Color or Annatto [color]), Dehydrated Potatoes (Potatoes, Mono & Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Dry Whole Eggs, Soy Protein Isolate, Salt, Granulated Onion, Spices.



NUTRITIONAL ANALYSIS



Calories	220
Protein	10 g
Total Carbohydrates	31 g
Sugars	0 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	4 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	10 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	410 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



CORN	FREE_FROM
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KOSHER	YES
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