



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	TlxHl	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	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
N/A		N/A	N/A			N/A	

HANDLING SUGGESTIONS

Keep Frozen

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

Soybean - C

Wheat - C

Sesame - N

Peanuts - N

Tree - N

Fish - N

Shellfish - NI

Crustaceans - N

Nutrition Facts

96 Servings per container

Serving Size

3 pc.

Amount Per Serving

Calories

220

% Daily Value\*

Total Fat 7 g

11%

Saturated Fat 4 g

20%

Trans Fat 0 g

Cholesterol 10 mg

3%

Sodium 410 mg

17%

Total Carbohydrates 31 g

15%

Dietary Fiber 3 g

12%

Total Sugars 0 g

Includes Added Sugars

%

Protein 10 g

Vitamin D

%

Calcium

10%

Iron

10%

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.

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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 s...

SERVING SUGGESTIONS

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

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	220	Total Fat	7 g	Sodium	410 mg
Protein	10 g	Trans Fat	0 g	Calcium	
Total Carbohydrates	31 g	Saturated Fat	4 g	Iron	
Sugars	0 g	Added Sugars		Potassium	
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	10 mg		
Vitamin A (IU)		Vitamin D		Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

CORN	FREE_FROM	KOSHER	YES
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