"Big flavor, real food that always hits the spot."





#### MARKETING



## Serving Size 4 pc. **Amount Per Serving Calories**

% Daily Value\*

**Nutrition Facts** 

72 Servings per container

<b>Total Fat</b> 3.5 g	4%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 10 mg	3%
Sodium 600 mg	26%
Total Carbohydrates 41 g	15%
Dietary Fiber 2 g	7%
Total Sugars 1 g	
Includes Added Sugars	%
Protein 7 g	

Vitamin D	%
Calcium	2%
Iron	10%
Potaccium	96

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

#### PRODUCT SPECIFICATIONS

Code Dist Prod Code		GTIN	Calculated Pack	
4116400370	351696	10041164003701	4 x 72 CT	

Brand	Brand Owner	GPC Description
Mrs. Ts	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
25.75 LBR	24.00 LBR	No	United States	Yes	No

	Shipping						
	Length Width Height Volume TIxHI Shelf Life Storage Temp From/To						
Γ	14.32 INH	12.82 INH	12.14 INH	1.29 FTQ	5x9	540 Days	0 FAH / 0 FAH

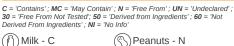
### **ALLERGENS**



SERVING SUGGESTIONS



Saute, boil, fry, steam or bake as shown in the prep and cook suggestions.



( Peanuts - N



(1) Tree Nuts - N



Fish - N





(M) Shellfish - NI

(%) Sesame - N

Keep Frozen

## **INGREDIENTS**

INGREDIENTS: WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), POTATO FLAKES (POTATOES, MONO AND DIGLYCERIDES, SODIUM ACID
PYROPHOSPHATE, CITRIC ACID), SOYBEAN OIL, DEHYDRATED CHEDDAR CHEESE (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], DISODIUM PHOSPHATE), SALT, ONION, NATURAL FLAVOR, EGGS, YEAST EXTRACT, WHEY, SPICE, ANNATTO AND TURMERIC (COLOR).

#### HANDLING SUGGESTIONS

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  $\frac{1}{2}$  way through bake time.

### MORE INFORMATION



# 351696 - Mrs. T's Classic Cheddar - 6lb

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# NUTRITIONAL ANALYSIS

Calories	230
Protein	7 g
Total Carbohydrates	41 g
Sugars	1 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3.5 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	10 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	600 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS

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CORN FRE	EE_FROM		KOSHER	YES
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