

#### MARKETING



# Amount Per Serving Calories

72 Servings per container

**Serving Size** 

**Nutrition Facts** 

	% Daily Value*
Total Fat 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%
Detections	0/

\* 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.

#### 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						
14.32 INH	12.82 INH	12.14 INH	1.29 FTQ	5x9	540 Days	0 FAH / 0 FAH

## HANDLING SUGGESTIONS

Keep Frozen



## SERVING SUGGESTIONS



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

## PREPARATION & COOKING SUGGESTIONS

B

4 pc.

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.

## 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).

#### 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'

(ii) Milk - C

Peanuts - N

( Eggs - C











#### MORE INFORMATION



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

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

## 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	

3.5 g
0 g
1 g
10 mg

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

### **NUTRITIONAL CLAIMS**

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CORN	FREE_FROM		
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KOSHER	YES
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