



MARKETING

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	TLxHI	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

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 as shown in the prep and cook 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 ½ way through bake time.

Nutrition Facts

72 Servings per container

Serving Size4 pc.

Amount Per Serving

Calories230

% Daily Value*

Total Fat3.5 g4%

Saturated Fat1 g5%

Trans Fat0 g

Cholesterol10 mg3%

Sodium600 mg26%

Total Carbohydrates41 g15%

Dietary Fiber2 g7%

Total Sugars1 g

Includes Added Sugars%

Protein7 g

Vitamin D%

Calcium2%

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, 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).



NUTRITIONAL ANALYSIS



Calories	230	Total Fat	3.5 g	Sodium	600 mg
Protein	7 g	Trans Fat	0 g	Calcium	
Total Carbohydrates	41 g	Saturated Fat	1 g	Iron	
Sugars	1 g	Added Sugars		Potassium	
Dietary Fiber	2 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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