



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
4116400834	351690	10041164008348	4 x 100 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
12.1 LBR	11.44 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
12.562 INH	9.5 INH	7.125 INH	0.492 FTQ	9x15	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
- Peanuts - N
- Eggs - C
- Tree Nuts - N
- Soy - C
- Fish - N
- Wheat - C
- Shellfish - NI
- Sesame - N

SERVING SUGGESTIONS

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

Nutrition Facts

36 Servings per container	
Serving Size	11 pc.
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 3 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 5 mg	2%
Sodium 530 mg	22%
Total Carbohydrates 41 g	14%
Dietary Fiber 2 g	7%
Total Sugars 1 g	
Includes Added Sugars	%

Protein 7 g	
Vitamin D	%
Calcium	4%
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, 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

Keep Frozen

PREPARATION & COOKING SUGGESTIONS

Sauté: Sauté frozen pierogies in skillet with butter or oil on medium heat. Turn occasionally until golden brown, approximately 4-6 minutes on each side.Boil: Bring 2 quarts of water to boil. Add frozen pierogies and heat for 3-5 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 16-18 minutes until golden brown and puffed, turning ½ way through bake time.

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	220
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 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	5 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	530 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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