## 351680 - High Protein American Cheese Mini w Whole Grain Dough

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



% Daily Value



#### MARKETING



#### 66 Servings per container Serving Size 6 pc.

**Nutrition Facts** 

# **Amount Per Serving Calories**

Total Fat 5 g	8%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 50 mg	17%
<b>Sodium</b> 230 mg	10%
<b>Total Carbohydrates</b> 24 g	8%
Dietary Fiber 3 g	12%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 9 g	

Vitamin D	%
Calcium	10%
Iron	10%

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
4116400833	351680	10041164008331	4 x 100 CT

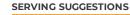
Brand	Brand Owner	GPC Description
Ateeco, Inc.	Mrs. Ts Pierogies	Dough Based Products / Meals - Not Ready to Eat - Savoury (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14.9 LBR	13.75 LBR	No	United States	Yes	Yes

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
12.562 INH	9.5 INH	8.25 INH	0.57 FTQ	15x8	540 Days	0 FAH / 0 FAH

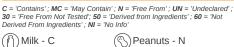
#### **ALLERGENS**







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











Fish - N



(M) Shellfish - NI

Sesame - N

# **INGREDIENTS**

INGREDIENTS: WATER, WHOLE WHEAT FLOUR AND ENRICHED DURUM FLOUR (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]), SOY PROTEIN ISOLATE, DRY WHOLE EGGS, DEHYDRATED POTATOES (POTATOES, MONO & DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID), FOOD STARCH-MODIFIED, OAT FIBER, NATURAL FLAVOR, SPICE.

#### 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  $\frac{1}{2}$  way through bake Convection Oven: Preheat oven to 350°F. Spray cooking sheet and both sides of pierogies with non-stick cook spray. Bake 8-10 minutes until golden brown and puffed, For best results turn pasta turn 1/2 way through bake time. Deep Fry: Preheat oil to 350°F. Place frozen pasta in oil for 3 minutes until nicely browned and float. Steamed: Place a bag of frozen pasta in a slotted or solid pan, steam for 3-4 minutes. When steaming a full unit allow an additional ...

## MORE INFORMATION



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## NUTRITIONAL ANALYSIS

Calories	180
Protein	9 g
Total Carbohydrates	24 g
Sugars	0 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	5 g
Trans Fat	0 g
Saturated Fat	3 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	50 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	230 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

#### **NUTRITIONAL CLAIMS**

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CORN FRE	E_FROM	KOSHER	YES
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