

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

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



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
4116400833	351680	10041164008331	4 x 100 CT

Brand	Brand Owner	GPC Description
Ateco, 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	TlxHl	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



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 and top with your favorite seasonings and sauces.

## 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. **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 ½ 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 ...

# Nutrition Facts

66 Servings per container

**Serving Size** 6 pc.

**Amount Per Serving**  
**Calories** 180

% Daily Value\*

**Total Fat** 5 g **8%**

Saturated Fat 3 g **15%**

Trans Fat 0 g

**Cholesterol** 50 mg **17%**

**Sodium** 230 mg **10%**

**Total Carbohydrates** 24 g **8%**

Dietary Fiber 3 g **12%**

Total Sugars 0 g

Includes Added Sugars %

**Protein** 9 g

Vitamin D %

Calcium 10%

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, 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.

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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



CORN	FREE_FROM
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KOSHER	YES
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