

Ateco, Inc.

351680 - High Protein American Cheese Mini w Whole Grain Dough

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



MARKETING

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.

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 | TlxHI | 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 |
| Traceability Regulation | | | | | | |
| Regulation Type Code | Regulatory Act | Trade Item Regulation Compliant | Regulation Restrictions and Descriptors | | | |
| N/A | N/A | N/A | N/A | | | |

HANDLING SUGGESTIONS

Keep Frozen

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

Soybean - C

Wheat - C

Sesame - N

Peanuts - N

Tree - N

Fish - N

Shellfish - NI

Crustaceans - 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.

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...

SERVING SUGGESTIONS

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

MORE INFORMATION

| | | | | | |
|----------------------|------|---------------------|-------|--------------|--------|
| NUTRITIONAL ANALYSIS | | | | | |
| Calories | 180 | Total Fat | 5 g | Sodium | 230 mg |
| Protein | 9 g | Trans Fat | 0 g | Calcium | |
| Total Carbohydrates | 24 g | Saturated Fat | 3 g | Iron | |
| Sugars | 0 g | Added Sugars | | Potassium | |
| Dietary Fiber | 3 g | Polyunsaturated Fat | | Zinc | |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 50 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 |
|------|-----------|--------|-----|