### 351674 - Classic Onion Vegan Pierogies

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



#### MARKETING



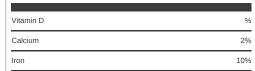
## **Amount Per Serving Calories**

**Nutrition Facts** 

72 Servings per container

Serving Size

Total Fat 3 g	4%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
<b>Sodium</b> 520 mg	22%
<b>Total Carbohydrates</b> 42 g	14%
Dietary Fiber 2 g	7%
Total Sugars 1 g	
Includes Added Sugars	%
Protein 7 a	



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

#### PRODUCT SPECIFICATIONS

Code Dist Prod Code		GTIN	Calculated Pack	
4116400865 3516		351674	10041164008652	6 x 48 CT

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

Gross Weight Net W		Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
26.05 LBR 24.00 LB		24.00 LBR	No	United States	Yes	No

	Shipping							
	Length	Width	Height	Volume	TIxHI	Shelf Life Storage Temp From/		
ľ	14.32 INH	13.07 INH	12.89 INH	1.4 FTQ	5x9	540 Days	0 FAH / 0 FAH	

### **ALLERGENS**







%

4 pc.

% Daily Value\*

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'

(門) Milk - MC

( Peanuts - N

( Eggs - MC

(13) 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.

# **INGREDIENTS**

Potassium

INGREDIENTS: WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), POTATO FLAKES (POTATOES, MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID), ONIONS, SOYBEAN OIL, SALT, YEAST EXTRACT, SPICE.

#### HANDLING SUGGESTIONS



**PREPARATION & COOKING SUGGESTIONS** 

Keep Frozen

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  $\frac{1}{2}$  way through bake time.

### MORE INFORMATION



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## NUTRITIONAL ANALYSIS

Calories	220
Protein	7 g
Total Carbohydrates	42 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	0 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	520 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS

CORN	FREE_FROM		KOSHER	YES
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