

351674 - Classic Onion Vegan Pierogies

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



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
4116400865	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 Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
26.05 LBR	24.00 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.32 INH	13.07 INH	12.89 INH	1.4 FTQ	5x9	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 - MC
- Eggs - MC
- Soy - C
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - NI

HANDLING SUGGESTIONS



Keep Frozen

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 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 ½ way through bake time.

MORE INFORMATION



Nutrition Facts

72 Servings per container

Serving Size

4 pc.

Amount Per Serving

Calories

220

% Daily Value*

Total Fat 3 g

4%

Saturated Fat 0 g

0%

Trans Fat 0 g

Cholesterol 0 mg

0%

Sodium 520 mg

22%

Total Carbohydrates 42 g

14%

Dietary Fiber 2 g

7%

Total Sugars 1 g

Includes Added Sugars %

Protein 7 g

Vitamin D

%

Calcium

2%

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.

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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
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KOSHER	YES
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