



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
- Peanuts - N
- Eggs - MC
- 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.

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 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 Size4 pc.

Amount Per Serving

Calories220

% Daily Value*

Total Fat3 g4%

Saturated Fat0 g0%

Trans Fat0 g

Cholesterol0 mg0%

Sodium520 mg22%

Total Carbohydrates42 g14%

Dietary Fiber2 g7%

Total Sugars1 g

Includes Added Sugars%

Protein7 g

Vitamin D%

Calcium2%

Iron10%

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, 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.



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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