351674 - Classic Onion Vegan Pierogies

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

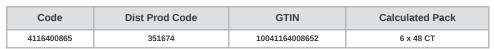


MARKETING



Total Fat 3 g

PRODUCT SPECIFICATIONS



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	TIxHI	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

Nutrition Facts

72 Servings per container

Serving Size

Vitamin D

Amount Per Serving
Calories 220

Iolai Fal 3 g	470
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	

 Calcium
 2%

 Iron
 10%

 Potassium
 %

HANDLING SUGGESTIONS

Keep Frozen



SERVING SUGGESTIONS



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

PREPARATION & COOKING SUGGESTIONS



4 pc.

% Daily Value

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.

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.

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



Soybean - C



(🕸) Wheat - C





() Crustaceans - N

MORE INFORMATION



^{*} 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.

351674 - Classic Onion Vegan Pierogies

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

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
A	Added Sugars	
Polyun	saturated Fat	
Monoun	saturated 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	
--------	-----	--