



MARKETING

Nutrition Facts

72 Servings per container

Serving Size4 pc.

Amount Per Serving

Calories220

% Daily Value\*

Total Fat 3 g4%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 520 mg22%

Total Carbohydrates 42 g14%

Dietary Fiber 2 g7%

Total Sugars 1 g

Includes Added Sugars%

Protein 7 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.

PRODUCT SPECIFICATIONS

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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	TlxHl	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	
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 - MC

Eggs - MC

Soybean - C

Wheat - C

Sesame - N

Peanuts - N

Tree - N

Fish - N

Shellfish - NI

Crustaceans - N

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.

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.

SERVING SUGGESTIONS

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

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	220	Total Fat	3 g	Sodium	520 mg
Protein	7 g	Trans Fat	0 g	Calcium	
Total Carbohydrates	42 g	Saturated Fat	0 g	Iron	
Sugars	1 g	Added Sugars		Potassium	
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 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
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