## 351697 - Mrs. Ts CN American Cheese Pierogies

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





## MARKETING



## **Nutrition Facts** 96 Servings per container Serving Size 3 pc.

**Amount Per Serving Calories** 

	% Daily Value
Total Fat 10 g	15%
Saturated Fat 5 g	27%
Trans Fat 0 g	
Cholesterol 70 mg	24%
Sodium 440 mg	18%
<b>Total Carbohydrates</b> 29 g	10%
Dietary Fiber 3 g	13%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 15 g	

Vitamin D	%
Calcium	20%
Iron	15%
Potassium	0/4

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	
4116400376 351697		10041164003763	4 x 72 CT	

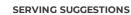
Brand	Brand Owner	GPC Description				
Ateeco, Inc.	Mrs. Ts Pierogies	Dough Based Products / Meals - Not Ready to Eat - Savoury (Frozen)				

Gross Weight		Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
27.91 LBR 25.49 LBR		25.49 LBR	No	United States	Yes	Yes

Shipping							
Length	Width	Height	Volume	olume TIxHI Shelf Life		Storage Temp From/To	
14.32 INH 12.82 INH 12.14 INH		1.29 FTQ	5x9	540 Days	0 FAH / 0 FAH		

## **ALLERGENS**







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

# 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' (ੴ) Milk - C







Shellfish - NI



Fish - N













## **INGREDIENTS**

Ingredients: Water, Whole Wheat Flour and Enriched Durum Flour (whole wheat flour, durum flour, niacin, ferrous sulfate (reduced iron), thiamine mononitrate, riboflavin, folic acid), Process American Cheese (cheese [pasteurized milk, cultured milk, skim milk, cheese cultures, salt, enzymes, calcium chloride], water, cream, sodium citrate or sodium phosphate [emulsifier], milk fat, salt, sorbic acid, acetic acid or lactic acid [preservative], artificial color or annatto [color]), Soy Protein Isolate, Dehydrated Potatoes (potatoes, mono & diglycerides, sodium acid pyrophosphate, citric acid), Dry Whole Eggs, Food Starch-Modified, Natural Flavor, Spice.

#### HANDLING SUGGESTIONS



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Keep Frozen

## MORE INFORMATION



## 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-boll); drain. Top with butter and sautéed onions.Bake: Preheat oven to 400°F. Spray cooking sheet and both sides of pierogies with nonstick cook spray. Bake 18-20 minutes until golden brown and puffed, turning ½ way through bake time. Convection Oven: Preheat oven to 350°F. Spray cooking sheet and both sides of pierogies with non-stick cook spray. Bake 16-18 minutes until golden brown and puffed, For best results turn pasta turn ½ way through bake time.

Deep Fry: Preheat oil to 350°F. Place frozen pasta in oil for 4 minutes until nicely browned and Steamed: Place a bag of frozen pasta in a slotted or solid pan, steam for 10-12 minutes. When steaming a full unit allow an additional 10-12 minutes ...

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## NUTRITIONAL ANALYSIS

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Calories	260
Protein	15 g
Total Carbohydrates	29 g
Sugars	0 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	5 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	70 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	440 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## **NUTRITIONAL CLAIMS**



CORN	FREE FROM	KOSHER	YES
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