



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
4116400376	351697	10041164003763	4 x 72 CT

Brand	Brand Owner	GPC Description
Ateco, 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	No	United States	Yes	Yes

Shipping						
Length	Width	Height	Volume	TLxHI	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

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 - C

Eggs - C

Soy - C

Wheat - C

Sesame - N
- Peanuts - N

Tree Nuts - N

Fish - N

Shellfish - NI

HANDLING SUGGESTIONS

Keep Frozen

MORE INFORMATION

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. 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 float. 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 ...

Nutrition Facts

96 Servings per container

Serving Size3 pc.

Amount Per Serving

Calories260

% Daily Value\*

Total Fat 10 g15%

Saturated Fat 5 g27%

Trans Fat 0 g

Cholesterol 70 mg24%

Sodium 440 mg18%

Total Carbohydrates 29 g10%

Dietary Fiber 3 g13%

Total Sugars 0 g

Includes Added Sugars%

Protein 15 g

Vitamin D%

Calcium20%

Iron15%

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, 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.



NUTRITIONAL ANALYSIS



Calories	260	Total Fat	10 g	Sodium	440 mg
Protein	15 g	Trans Fat	0 g	Calcium	
Total Carbohydrates	29 g	Saturated Fat	5 g	Iron	
Sugars	0 g	Added Sugars		Potassium	
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	70 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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