



Potato & Cheddar Cheese Pierogies



Product Code 41164-00370

2009
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Thaw Pierogies: Remove from freezer and refrigerate for 24 hours prior to using. If pierogies must be used immediately, place pierogies in hot tap water for approximately 5 minutes. For more pierogies, increase time.

DEEP FRIED: Place frozen pierogies in a fryer that has been preheated to 350F. Cook until pierogies are nicely browned and float, approximately 4 minutes.

BOILED: Drop frozen pierogies in water that's already been heated to a rolling boil over high heat. Pierogies will float in about 5-7 minutes; drain.

STEAMED: Place Pierogies in a slotted or solid pan with oil and set timer for 5 minutes. When steaming more than one pan, allow an additional 2 minutes per pan.

SAUTEED: Sauté frozen pierogies in a skillet with butter or oil on medium heat. Turn occasionally until golden brown on both sides, approximately 8 minutes.

BAKED: Place frozen pierogies on a baking sheet lightly coated with nonstick vegetable spray. Spray tops of pierogies as well. Bake for 18 to 20 minutes at 400F. For best results, turn pierogies over halfway through baking time.

Casserole Baking: Coat frozen Pierogies with your favorite sauce in a steam table or aluminum pan. Cover pan with a steam table pan lid or aluminum foil and bake at 325F to 350F for approximately 20 to 30 minutes.

MICROWAVED: Place a serving (3 or 6 pierogies) in a microwave safe bowl and cover completely with water. Cover bowl loosely with plastic wrap and microwave on high for approximately 5 minutes. (Cooking times may vary with microwave.)

Cooking times may vary according to equipment used.

Nutrition Facts

Serving Size 3 Pierogies (114g)
Servings Per Container 24

Amount Per Serving

| | |
|-------------------------|-----------------------------|
| Calories 170 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 2.5g | 4% |
| Saturated Fat 1g | 4% |
| Trans Fat 0g | |

| | |
|-------------------------------|------------|
| Cholesterol 5mg | 2% |
| Sodium 510mg | 21% |
| Total Carbohydrate 33g | 11% |
| Dietary Fiber 1g | 5% |
| Sugars 1g | |

Protein 5g

Vitamin A 0% • **Vitamin C** 10%
Calcium 4% • **Iron** 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | |
|---------------------------|-------------------|---------|
| Calories | 2,000 | 2,500 |
| Total Fat | Less Than 65g | 80g |
| Saturated Fat | Less Than 20g | 25g |
| Cholesterol | Less Than 300mg | 300 mg |
| Sodium | Less Than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Water, Enriched Flour (wheat flour, niacin, iron, thiamine, riboflavin, folic acid), Dehydrated Potatoes (potatoes, mono & diglycerides, sodium acid pyrophosphate, citric acid), Dehydrated Cheese (cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes], Maltodextrin, whey palm oil and/or soybean oil, salt Disodium Phosphate, yeast acid, Salt, Soybean oil, Onions, Eggs, Spice.

Contains:

Wheat, Milk, Soy, & Egg

Contribution to School Menu
Grain/Bread Serv. 2.25
Fruit/Veg. Serv. 1/4 Cup

| | |
|----------------------------|---------|
| Serving Information | |
| Serving Size | 3/1.4oz |
| Servings per bag | 24 |
| Servings per case | 96 |

| | |
|----------------------------|-----|
| Package Information | |
| Case Pack/lb. | 4/6 |
| Pkg. Count | 72 |
| Case Count | 288 |

| | |
|-------------------------|-----------------|
| Case Information | |
| Case Dimension | 14.3x12.8x12.12 |
| Case Cube | 1.27 |
| Case Wt.(Gross) | 27.66lb |

