



# High Protein 'CN'

## Potato & American Cheese Pierogies

Product Code 41164-00376  
ID # 071810

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2008

**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.

**MICROWAVE:** 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 (146g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 320</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>18%</b>
Saturated Fat 7g	<b>34%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>16%</b>
<b>Sodium 840mg</b>	<b>35%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 1g	
<b>Protein 17g</b>	
Vitamin A 0%	• Vitamin C 8%
Calcium 25%	• Iron 10%
*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    300mg
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:** Enriched Wheat Flour and Enriched Durum Flour (Wheat Flour, Durum Flour, Niacin, Ferrous Sulfate (Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Water, 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]), Dehydrated Potatoes (Potatoes, Mono & Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Whey Protein Isolate (Whey Protein Isolate, Soy Lecithin), Dry Whole Eggs, Salt, Spices.

**Contains:**  
Wheat, Milk, Soy, Egg

**Contribution To School Menu**  
Grain/Bread Serving 2.75  
Fruit/Vegetable Serving 1/8 cup  
Meat Alternate 2 oz.

Serving Information	
Serving Size	3/1.72oz
Servings per bag	24
Servings per case	96

Package Information	
Case Pack/lb.	4/7.74
Pkg. Count	72
Case Count	288

Case Information	
Case Dimension	14x12.75x12.25
Case Cube	1.27
Case Wt. (Gross)	32.5 lb.

