

# 376-High Protein 'CN' Pierogies

<b>Nutrition Facts</b>	
Serving Size 3 Pierogies (146g)	
Servings Per Container 24	
<b>Amount Per Serving</b>	
<b>Calories 320</b>	<b>Calories from Fat 100</b>
<b>% Daily Value*</b>	
<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	