834 - Potato Cheddar Mini Pierogies

Nutrition Facts

Serving Size 7 Pierogies (85g)
Servings Per Container about 14

Amount Per Serving

Calories 130 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 360mg	**15%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 4g	

Vitamin A 2% • Vitamin C 8%

Calcium 2% • Iron 6%

*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