



Pasta Dippers™

1 bag (72 ct.) Mrs. T's® Pierogies
Non-Stick Cooking Spray

Place frozen pierogies onto parchment lined or sprayed baking sheet in a single layer, spray tops of pierogies.

In convection oven; bake at 350 degrees F for 15 to 20 minutes or until golden brown.

Serve with assorted dipping sauces if desired.



Baked Child Nutrition High Protein Pierogies

Serving Size: 3 Mrs. T's High Protein Child Nutrition Pierogies
(Quantity) Yield: 24 servings

Nutrients per serving

320 calories
17 g protein
37 g carbohydrates
2 g fiber
102 calories from fat
63 calories from saturated fat
50 mg cholesterol
840 mg sodium
2.75 RE vitamin A
5.28 vitamin C
203 mg calcium
1.9 mg iron

