

HIGH PROTEIN CN LABELED POTATO AND AMERICAN CHEESE STUFFED PASTA

Product Code: 41164-00376 FNS#: 096984



Full Size Product Cooking Directions **Container = 1 bag. 4 bags per case**

BOIL	Bring 4 quarts of water to a boil. Add frozen pierogies. When water returns to a boil, continue cooking the pierogies an additional 3 minutes, then drain.
SAUTÉ	Sauté frozen pierogies in skillet with butter or oil on medium heat. Turn occasionally until golden brown, 8 minutes on each side.
BAKE	Preheat oven to 400°F. Spray cooking sheet and both sides of frozen pierogies with nonstick cook spray. Bake 18-20 minutes until golden brown, turning halfway through bake time.
DEEP FRY	Place frozen pierogies in a fryer that has been preheated to 350°F. Cook pierogies for 4 minutes or until nicely browned and float.
STEAMED	Place frozen pierogies in a slotted or solid pan with oil and set timer for 10-12 minutes. When steaming more than one pan, allow an additional 2 minutes per pan.

**COOKING TIMES MAY VARY ACCORDING TO EQUIPMENT USED.
COOK TO AN INTERNAL TEMPERATURE OF 160°F FOR ALL COOKING METHODS LISTED.**

Nutrition Facts

96 servings per container
Serving size 3 Pieces (120g)

Amount per serving
Calories 240
% Daily Value*

Total Fat 8g	10%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 550mg	24%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 14g	
Vitamin D 0.1mcg	0%
Calcium 130mg	10%
Iron 2.5mg	15%
Potassium 110mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contribution To School Menu

Grains	1 oz
Meat Alternate	2 oz

Serving Information

Serving Size	3 pieces (120g)
Serving Per Bag	24
Serving Per Case	96

Case Information

Case Size Od/l	L-14.313" x W-12.813" x D-12.125"
Case Gross Wt/Lb	27.91 lb
Id Case/Cuft	1.165

Packaging Information

Case Pack/Lb	4/6.37 lb
Pkg. Count	72
Case Count	288

INGREDIENTS: WATER, WHOLE WHEAT FLOUR AND ENRICHED DURUM FLOUR (WHOLE WHEAT FLOUR, DURUM FLOUR, NIACIN, FERROUS SULFATE (REDUCED IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PROCESS AMERICAN CHEESE (CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], SALT, ARTIFICIAL COLOR), SOY PROTEIN ISOLATE, DRY WHOLE EGGS, DEHYDRATED POTATOES (POTATOES, MONO & DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID), SUGAR, FOOD STARCH-MODIFIED, SALT, CHEDDAR CHEESE FLAVOR (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], WHEY), GRANULATED ONION, EXTRACTIVES OF PAPRIKA, OLEORESIN PAPRIKA (NATURAL FLAVORS, ASCORBIC ACID [COLOR]).

CONTAINS: WHEAT, MILK, SOY, EGG.



Net. Wt. 25.49 lbs. (11.56 kg)

Contact a Foodservice Specialist 1-800-233-3170
Manufactured by ateeco, inc. in Shenandoah, PA 17976

www.mrstsfodservice.com

Made in the USA