

CN LABELED AMERICAN CHEESE STUFFED PASTA

Product Code: 41164-00375 FNS#: 096983



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 (121g)**

Amount per serving
Calories 190

% Daily Value*

Total Fat 5g 6%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 380mg 17%

Total Carbohydrate 30g 11%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 2mg 10%

Potassium 130mg 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	1 oz
Vegetable	1/8 cup

Serving Information

Serving Size	3 pieces (121g)
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	27.26 lb
Id Case/Cuft	1.165

Packaging Information

Case Pack/Lb	4/6.21 lb
Pkg. Count	72
Case Count	288

INGREDIENTS: WATER, WHOLE WHEAT FLOUR AND ENRICHED DURUM FLOURS (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), DEHYDRATED POTATOES (POTATOES, MONO & DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID), DRY WHOLE EGGS, SOY PROTEIN ISOLATE, SALT, GRANULATED ONION, SPICES.

CONTAINS: WHEAT, MILK, SOY, EGG.



Net. Wt. 24.85 lbs. (11.27 kg)

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

www.mrststfoodservice.com

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