

# HIGH PROTEIN CN LABELED POTATO AND AMERICAN CHEESE STUFFED PASTA

Product Code: 41164-00376 FNS#: 096984



## Full Size Product Cooking Directions

<b>BOIL</b>	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.
<b>SAUTÉ</b>	Sauté frozen pierogies in skillet with butter or oil on medium heat. Turn occasionally until golden brown, 8 minutes on each side.
<b>BAKE</b>	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.
<b>DEEP FRY</b>	Place frozen pierogies in a fryer that has been preheated to 350°F. Cook pierogies for 4 minutes or until nicely browned and float.
<b>STEAMED</b>	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*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium 130mg	<b>10%</b>
Iron 2.5mg	<b>15%</b>
Potassium 107mg	<b>2%</b>

\*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 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), 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](http://www.mrstsfodservice.com)

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