

# CLASSIC CHEDDAR

Product Code: 41164-00221



## Full Size Product Cooking Directions **Container = 1 bag. 12 bags per case**

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

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>4 pieces (152g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 2.2mg	<b>10%</b>
Potassium 250mg	<b>6%</b>
<small>*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.</small>	

Serving Information	
Serving Size	4 pieces (152g)
Serving Per Bag	6
Serving Per Case	72
Case Information	
Case Size Od/l	L-23.188" x W-12.938" x D-8.500"
Case Gross Wt/Lb	26.43 lb
Id Case/Cuft	1.316
Packaging Information	
Case Pack/Lb	12/2 lb
Pkg. Count	24
Case Count	288

**INGREDIENTS:** WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTATO FLAKES (POTATOES, MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID), SOYBEAN OIL, DEHYDRATED CHEDDAR CHEESE (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], DISODIUM PHOSPHATE), SALT, ONION, NATURAL FLAVOR, EGGS, YEAST EXTRACT, WHEY, SPICE, ANNATTO AND TURMERIC (COLOR).

**CONTAINS:** WHEAT, SOY, MILK, EGG.  
CONTAINS A BIOENGINEERED FOOD INGREDIENT.



Net Wt. 24 lb. (10.89 kg)

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

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