**CLASSIC CHEDDAR POTATO & CHEDDAR FILLED PASTA**

**Serving Information**
- **Serving Size**: 4 pieces (152g)
- **Serving Per Bag**: 12
- **Serving Per Case**: 72

**Case Information**
- **Case Size Od/I**: L-14.313” x W-13.063” x D-12.875”
- **Case Gross Wt/Lb**: 26.05 lb
- **Id Case/Cuft**: 1.265

**Packaging Information**
- **Case Pack/Lb**: 6/4 lb
- **Pkg. Count**: 48
- **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.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories: 230</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 3.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat: 1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 10mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium: 590mg</td>
<td>26%</td>
</tr>
<tr>
<td>Total Carbohydrate: 42g</td>
<td>15%</td>
</tr>
<tr>
<td>Dietary Fiber: 1g</td>
<td>4%</td>
</tr>
<tr>
<td>Total Sugars: 1g</td>
<td></td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td>Protein: 7g</td>
<td></td>
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</tbody>
</table>

**Cooking Directions**

**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.

*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.

**Cooking Times May Vary According to Equipment Used.**
**Cook to an Internal Temperature of 160°F for All Cooking Methods Listed.**

**Contact a Foodservice Specialist 1-800-233-3170**
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