

CLASSIC CHEDDAR

Product Code: 41164-00370



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

Nutrition Facts

18 servings per container	
Serving size	4 pieces (152g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 590mg	26%
Total Carbohydrate 42g	15%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2.2mg	10%
Potassium 250mg	6%
<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	18
Serving Per Case	72
Case Information	
Case Size Od/l	L-14.313" x W-12.813" x D-12.125"
Case Gross Wt/Lb	25.75 lb
ld Case/Cuft	1.165
Packaging Information	
Case Pack/Lb	4/6 lb
Pkg. Count	72
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

www.mrstfoods.com

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