

CLASSIC ONION

Product Code: 41164-00265



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

6 servings per container
Serving size 4 pieces (152g)

Amount per serving
Calories 230
% Daily Value*

Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 530mg	23%
Total Carbohydrate 43g	16%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2.3mg	15%
Potassium 250mg	6%

*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.

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), ONIONS, SOYBEAN OIL, SALT, EGGS, YEAST EXTRACT, SPICE.

CONTAINS: WHEAT, SOY, EGG.

PRODUCED IN A PLANT THAT USES DAIRY INGREDIENTS.
CONTAINS A BIOENGINEERED FOOD INGREDIENT.



Net. Wt. 24 lbs. (10.89 kg)

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

www.mrstfsfoodservice.com

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