

# MINI CLASSIC CHEDDAR

Product Code: 41164-00834



## Mini Size Product Cooking Directions **Container = 1 bag. 4 bags per case**

<b>BOIL</b>	Bring 4 quarts of water to a boil. Add frozen mini pierogies. When water returns to a boil, continue cooking the mini pierogies an additional 3 minutes, then drain.
<b>BAKED</b>	<b>Conventional Oven:</b> Preheat oven to 400°F. Spray cooking sheet and both sides of frozen mini pierogies with nonstick cooking spray. Bake 16-18 minutes until golden brown and puffed, turning halfway through bake time. <b>Convection Oven:</b> Preheat oven to 350°F. Spray cooking sheet and both sides of frozen mini pierogies with nonstick cooking spray. Bake 15-17 minutes until golden brown and puffed, turning halfway through bake time.
<b>SAUTÉED</b>	Sauté frozen mini pierogies in skillet with butter or oil on medium heat. Turn occasionally until golden brown, 6 minutes on each side.
<b>DEEP FRY</b>	Place frozen mini pierogies in a fryer that has been preheated to 350°F. Cook mini pierogies for 3 minutes or until they are nicely browned and float.
<b>STEAMED</b>	Place frozen mini pierogies in a slotted or solid pan with oil and set timer for 8-10 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

about 9 servings per container  
**Serving size 11 pieces (143g)**

**Amount per serving**  
**Calories 220**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2.4mg	15%
Potassium 210mg	4%

\*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	11 pieces (143g)
Serving Per Bag	About 9
Serving Per Case	36

### Case Information

Case Size Od/l	L-12.563" x W-9.500" x D-7.125"
Case Gross Wt/Lb	12.10 lb
Id Case/Cuft	0.423

### Packaging Information

Case Pack/Lb	4/2.86 lb
Pkg. Count	100
Case Count	400

**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, EGGS, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, CORN STARCH, SODIUM BICARBONATE, MONO CALCIUM PHOSPHATE), ONION, NATURAL FLAVOR, YEAST EXTRACT, WHEY, SPICE, ANNATTO AND TURMERIC (COLOR).

**CONTAINS:** WHEAT, SOY, MILK, EGG.

CONTAINS A BIOENGINEERED FOOD INGREDIENT.



Net. Wt. 11.44 lb (5.19 kg)

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

[www.mrststfoodservice.com](http://www.mrststfoodservice.com)

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