

# VEGAN CLASSIC ONION

Product Code: 41164-00865



## Full Size Product Cooking Directions

<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

12 servings per container  
**Serving size 4 pieces (152g)**

**Amount per serving**  
**Calories 230**

% Daily Value\*

**Total Fat** 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 520mg **23%**

**Total Carbohydrate** 43g **16%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 6g

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	12
Serving Per Case	72

### Case Information

Case Size Od/l	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), ONIONS, SOYBEAN OIL, SALT, YEAST EXTRACT, SPICE.

**CONTAINS:** WHEAT, SOY.

PRODUCED IN A PLANT THAT USES DAIRY INGREDIENTS.  
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.mrstsfoodservice.com](http://www.mrstsfoodservice.com)

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