

VEGAN CLASSIC ONION

Product Code: 41164-00865



Full Size Product Cooking Directions **Container = 1 bag. 6 bags per case**

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

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%
<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	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.mrstfsfoodservice.com

Made in the USA