



72 Ct. Potato and Cheddar Cheese Filled Pierogies

2363

Nutrition Facts

Serving Size 3 Pierogies (122g)
Servings Per Container 24

Amount Per Serving	
Calories 240	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 450mg	19%
Total Carbohydrate 46g	15%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 6g	

Vitamin A 0%	•	Vitamin C 15%
Calcium 4%	•	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, ENRICHED WHEAT FLOUR AND DURUM FLOUR [Wheat Flour, Durum Flour, Niacin, Iron, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], **POTATO FLAKES** [Potatoes, Mono and Dyglycerides, Sodium Pyrophosphate, Citric Acid], **CHEDDAR CHEESE BLEND** [Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey, Corn Syrup Solids, Palm Oil, Salt, Butter (Cream, Salt), Buttermilk, Natural Flavor, Disodium Phosphate, Sodium Caseinate, Autolyzed Yeast Extract, Annatto Extract (Color), Turmeric Extract (Color), Disodium Inosinate, Disodium Guanylate And Less Than 2% Silicon Dioxide (Anticaking Agent)], **DEXTROSE, SALT, CANOLA OIL, AND DRIED ONION.**

CONTAINS: WHEAT, MILK

HEATING INSTRUCTIONS:

STEAMED: Coat steam table pan with cooking spray and place pierogies in pan and steam for 5 minutes. Pour melted butter (or other sauce) over the pierogies and serve immediately or cover and hold.

BOILED: Bring water to a full boil. Place pierogies into the boiling water and cook uncovered for 5 to 7 minutes. Do not overcrowd and stir occasionally.

SAUTEED: Follow directions for Boiled, cooking for 4 to 5 minutes. Drain. Pan sauté until lightly browned and crispy.

DEEP FRIED: From frozen, deep fry at 350°F for 4 to 4 ½ minutes. Thawed – defrost overnight or thaw in water for 10 minutes, drain and deep fry at 350°F for 3 minutes.

OVEN BAKING: Coat the bottom of the pan with butter or cooking spray and place frozen pierogies in pan. Brush or top these pierogies with additional butter. Cover with lid or foil and bake at 350°F for 30 to 35 minutes.

NET WT 104 OZ (6.5 LB) 2.94 kg

KEEP FROZEN

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