



Potato Pierogi

Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat 4g			6%	Total Carbohydrate 42g	14%
Saturated Fat 1.5g			8%	Dietary Fiber 2g	8%
Trans Fat 0g		Total Sugars 7g			
Cholesterol 0mg		0%		Incl. 0g Added Sugars	0%
Sodium 330mg		14%		Protein 7g	
Vitamin D 0mcg		0%		• Calcium 56mg	6%
Iron 3mg		15%		• Potassium 321mg	7%

About 8 servings per 25 count bag
Serving size 3 Pierogi (99g)
Calories per serving 230

*The % Daily Value (DV) 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.

INGREDIENTS: Potatoes, wheat flour (wheat flour enriched [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), dehydrated potatoes, water, milk (grade A milk and vitamin D3), eggs, cream cheese (pasteurized milk and cream, cheese culture), sour cream (cultured cream, enzymes), soybean oil, salt, black pepper.

CONTAINS: Wheat, Eggs, Milk, and Soy Ingredients.

Potato & Cheddar Pierogi

Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat 7g			11%	Total Carbohydrate 33g	11%
Saturated Fat 4g			20%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 6g			
Cholesterol 15mg		4%		Incl. 0g Added Sugars	0%
Sodium 360mg		16%		Protein 9g	
Vitamin D 0mcg		0%		• Calcium 132mg	15%
Iron 1.1mg		6%		• Potassium 228mg	5%

About 8 servings per 25 count bag
Serving size 3 Pierogi (99g)
Calories per serving 230

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INGREDIENTS: Potatoes, Cheese (pasteurized milk, cheese culture, salt, enzymes, annatto coloring, cellulose), wheat flour (wheat flour enriched [niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid] malted barley flour), dehydrated potatoes (potatoes, mono and diglycerides, sodium acid, pyrophosphate and citric acid), water, eggs, soybean oil, salt, black pepper.

CONTAINS: Wheat, Eggs, Milk, and Soy Ingredients

Cabbage Pierogi

Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat 5g			8%	Total Carbohydrate 30g	10%
Saturated Fat 1g			5%	Dietary Fiber 4g	17%
Trans Fat 0.5g		Total Sugars 8g			
Cholesterol 5mg		1%		Incl. 0g Added Sugars	0%
Sodium 660mg		27%		Protein 5g	
Vitamin D 0mcg		0%		• Calcium 48mg	4%
Iron 1.8mg		10%		• Potassium 107mg	2%

About 8 servings per 25 count bag
Serving size 3 Pierogi (99g)
Calories per serving 190

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INGREDIENTS: Cabbage, wheat flour (wheat flour enriched [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), water, onions, eggs, soybean oil, salt, black pepper, carrot, parsnip, celery, parsley leaves, nutmeg garlic.

CONTAINS: Wheat, Eggs, and Soy Ingredients.

Potato & Fried Onion Pierogi

Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat 5g			6%	Total Carbohydrate 31g	11%
Saturated Fat 2g			11%	Dietary Fiber 1g	5%
Trans Fat 0g		Total Sugars 0g			
Cholesterol 10mg		3%		Incl. 0g Added Sugars	0%
Sodium 280mg		12%		Protein 5g	
Vitamin D 0mcg		0%		• Calcium 50mg	4%
Iron 0.6mg		4%		• Potassium 170mg	4%

About 8 servings per 25 count bag
Serving size 3 Pierogi (99g)
Calories per serving 190

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INGREDIENTS: Milk, Wheat Flour (wheat flour enriched [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] malted barley flour), Water, Dehydrated Potatoes, Fried Onions (onions, palm oil, wheat flour, dextrose, and salt), Cream Cheese (pasteurized milk and cream, salt, carob bean gum, cheese culture), Sour Cream (cultured cream, enzymes), Eggs, Salt, Soybean Oil, Mesh Pepper.

CONTAINS: Wheat, Eggs, Milk, and Soy Ingredients

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