

NUTRITIONAL FACTS

THE PERFECT GOURMET

Pierogi

THE PERFECT
Gourmet

FARMER CHEESE & POTATO PIEROGI

Keep frozen

14 ounces

Nutrition Facts

About 4 servings per container
Serving size 3 oz (84 g/about 3 Pierogi)

Amount per serving	
Calories	190
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 270mg	12%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.9mg	10%
Potassium 170mg	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.

Made for
The Perfect Gourmet
Swedesboro, NJ 08085



Recommended Preparation:

Skillet Method: Thaw before sautéing. Over medium-low heat in a large skillet, add 3 tablespoons butter and ¼ cup water. Once butter has melted, add pierogi and cook until light golden on both sides, turning occasionally.

Boiling: Over high heat, bring 2 quarts water and a teaspoon of salt (if desired) to a boil. Add frozen pierogi to the water; reduce heat to medium and simmer, uncovered, 3 minutes, stirring occasionally. Drain carefully; do not overcook as they may fall apart.

Air Fryer: Preheat air fryer to 370° F. Coat basket with cooking spray. Place frozen pierogi in the basket and coat evenly with cooking spray. Cook for 4 minutes, turn them over and cook for an additional 3-4 minutes or until heated through. Do not over cook.

Serving Suggestion: Top with sautéed chopped onions, sour cream or bacon bits.

*Do not re-freeze. Cook thoroughly.
For food safety and quality, cook to a minimum internal temperature of 165°F.*

Ingredients: Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Fresh Potatoes, Baker's Cheese (milk, lactic acid), Water, Onion, Soybean Oil, Whole Eggs, Egg Whites, Salt, Potato Starch, Pepper, Rice Flour.

Contains: Milk, Egg, Soy, Wheat.

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14 ounces

Nutrition Facts

About 4 servings per container
Serving size 3 oz (84 g/about 3 Pierogi)

Amount per serving

Calories 190

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	

Vitamin D 0mcg 0% • Calcium 40mg 4%
Iron 2.2mg 10% • Potassium 180mg 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.

SPINACH & FETA PIEROGI

Keep frozen

Recommended Preparation:

Skillet Method: Thaw before sautéing. Over medium-low heat in a large skillet, add 3 tablespoons butter and ¼ cup water. Once butter has melted, add pierogi and cook until light golden on both sides, turning occasionally.

Boiling: Over high heat, bring 2 quarts water and a teaspoon of salt (if desired) to a boil. Add frozen pierogi to the water; reduce heat to medium and simmer, uncovered, 3 minutes, stirring occasionally. Drain carefully; do not overcook as they may fall apart.

Air Fryer: Preheat air fryer to 370° F. Coat basket with cooking spray. Place frozen pierogi in the basket and coat evenly with cooking spray. Cook for 4 minutes, turn them over and cook for an additional 3-4 minutes or until heated through. Do not over cook.

Serving Suggestion: Top with sautéed chopped onion or a lemon-cucumber dipping sauce.

Do not re-freeze. Cook thoroughly.

For food safety and quality, cook to a minimum internal temperature of 165°F.

Ingredients: Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Spinach, Baker's Cheese (milk, lactic acid), Water, Feta Cheese (pasteurized milk, salt, cheese culture and enzymes), Onions, Soybean Oil, Coarse Farina (farina (wheat) enriched (farina, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Whole Eggs, Egg Whites, Salt, Garlic, Potato Starch, Red Pepper Flakes, Rice Flour.

Contains: Milk, Egg, Soy, Wheat.

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