

NUTRITIONAL FACTS

GOSIA'S PIEROGIES

Potato Cheese Pierogies

Potato & Cheese

Nutrition Facts

3 servings per container	
Serving size	4 pierogies (136g)
Amount Per Serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 440mg	19%
Total Carbohydrate 43g	16%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	0%
Vitamin C	8%

*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.

724-708-5505

www.gosiaspierogies.com

Latrobe, PA

Reg. PA Department of Agriculture

ONE DOZEN

NET WT. 16oz (1 LB) 456g



**POLISH FAMILY
RECIPE**



**NO
PRESERVATIVES**



**KEEP
FROZEN**



**HIGH QUALITY
INGREDIENTS**

Preserving the tradition of old-world, hand made Pierogies is what we do. Our treasured Polish family recipe uses only real, fresh ingredients to craft our award-winning Pierogies, and make for a perfect, easy-to-prepare meal.

Jan and Terry, a Polish husband and wife team, founded Gosia's Pierogies in 2001 after compliments for their incredible product began pouring in. As Deaf individuals, they are firmly committed to helping others like themselves. Gosia's primarily employs Deaf workers, and provides a workplace for those who benefit from an environment where Deaf Culture is valued and cherished.

Lovingly made by hand -- from our table to yours.

PREPARATION:

1. **DO NOT BOIL.** Sauté frozen pierogies in butter and olive oil on medium heat.
2. Turn occasionally until golden brown.
3. Add caramelized onions if desired.
4. Cieszyc sie (enjoy)!

INGREDIENTS: FLOUR, WATER, POTATO, CHEDDAR CHEESE, ONION POWDER, OLIVE OIL, SALT, PEPPER

DOES NOT CONTAIN EGGS



NUTRITIONAL FACTS

GOSIA'S PIEROGIES

Sauerkraut Pierogies

Sauerkraut

Nutrition Facts	
3 servings per container	
Serving size	4 pierogies (136g)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	29%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2.7mg	15%
Potassium 0mg	0%
Vitamin A	0%
Vitamin C	15%

*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.



POLISH FAMILY
RECIPE



NO
PRESERVATIVES



KEEP
FROZEN



HIGH QUALITY
INGREDIENTS

Preserving the tradition of old-world, hand made Pierogies is what we do. Our treasured Polish family recipe uses only real, fresh ingredients to craft our award-winning Pierogies, and make for a perfect, easy-to-prepare meal.

Jan and Terry, a Polish husband and wife team, founded Gosia's Pierogies in 2001 after compliments for their incredible product began pouring in. As Deaf individuals, they are firmly committed to helping others like themselves. Gosia's primarily employs Deaf workers, and provides a workplace for those who benefit from an environment where Deaf Culture is valued and cherished.

Lovingly made by hand -- from our table to yours.

724-708-5505

www.gosiaspierogies.com
Latrobe, PA
Reg. PA Department of Agriculture

ONE DOZEN

NET WT. 16oz (1 LB) 456g



02798 280482

PREPARATION:

1. **DO NOT BOIL.** Sauté frozen pierogies in butter and olive oil on medium heat.
2. Turn occasionally until golden brown.
3. Add caramelized onions if desired.
4. Cieszyc sie (enjoy)!

INGREDIENTS: FLOUR, WATER,
SALT, OIL, SAUERKRAUT,
PEPPER, SUGAR

DOES NOT CONTAIN EGGS