

Potato & Cheese Pierogi

Nutrition Facts	Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
	Total Fat 5g	6%	Total Carbohydrate 29g	11%
Saturated Fat 3g	15%	Dietary Fiber 3g	11%	
<i>Trans</i> Fat 0g		Total Sugars 7g		
Cholesterol 15mg	5%	Incl. 0g Added Sugars	0%	
Sodium 410mg	18%	Protein 8g		
Vitamin D 0mcg	0%	• Calcium 31mg	2%	
Iron 2mg	10%	• Potassium 210mg	4%	

Calories per serving 190
*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, Cheese (cultured pasteurized grade A whole milk), dehydrated potatoes, wheat flour (wheat flour enriched [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] malted barley flour), water, eggs soybean oil, salt, black pepper.

CONTAINS: Wheat, Eggs, Milk, 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%	
<i>Trans</i> 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%	

Calories per serving 190
*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: 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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