

Potato & Cheese Pierogi

Nutrition Facts	Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
	Total Fat 5g		6%	Total Carbohydrate 29g
	Saturated Fat 3g	15%	Dietary Fiber 3g	11%
	<i>Trans</i> Fat 0g		Total Sugars 7g	
About 6 ½ servings per 20 count bag	Cholesterol 15mg	5%	Incl. 0g Added Sugars	0%
Serving size 3 Pierogi (99g)	Sodium 410mg	18%	Protein 8g	
Calories per serving 190	Vitamin D 0mcg	0%	• Calcium 31mg	2%
	Iron 2mg	10%	• Potassium 210mg	4%
	*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

Kraut & Mushroom Pierogi

Nutrition Facts	Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
	Total Fat 5g		8%	Total Carbohydrate 27g
	Saturated Fat 1g	5%	Dietary Fiber 5g	19%
	<i>Trans</i> Fat 0.5g		Total Sugars 4g	
About 6 ½ servings per 20 count bag	Cholesterol 5mg	1%	Incl. 0g Added Sugars	0%
Serving size 3 Pierogi (99g)	Sodium 660mg	28%	Protein 5g	
Calories per serving 180	Vitamin D 0mcg	0%	• Calcium 42mg	4%
	Iron 1.5mg	8%	• Potassium 111mg	2%
	*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: Sauerkraut, mushrooms, wheat flour (wheat flour enriched [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] malted barley flour), water, onion, eggs, butter, cooking oil (soybean oil, fully hydrogenated soybean oil, lecithin, artificial butter flavor, beta-carotene, TBHQ and citric acid), soybean oil, seasoning (dehydrated vegetables [carrot, parsnip, potato, parsley, coriander, curry], potato starch, red pepper, riboflavin [natural color]), salt, brown sugar, black pepper.

CONTAINS: Wheat, Eggs, Milk, and Soy Ingredients



Sauteed Onions in Butter

Nutrition Facts	
4 Servings per container Serving size 2.5 oz. (71g)	
Amount Per Serving	
Calories 76	
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 2mg	0%
Total Carbohydrate 6g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Protein 1g	
*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: Onions, Butter (Pasteurized cream).
CONTAINS: Milk

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