



Beef Pierogi



| Nutrition Facts | Amount/Serving | % Daily Value | Amount/Serving | % Daily Value |
|-------------------------|---------------------|-----------------------|-------------------------------|---------------|
| | Total Fat 7g | 11% | Total Carbohydrate 32g | 10% |
| Saturated Fat 3.5g | 17% | Dietary Fiber 3g | 12% | |
| <i>Trans Fat</i> 0g | | Total Sugars 5g | | |
| Cholesterol 13mg | 4% | Incl. 0g Added Sugars | 0% | |
| Sodium 332mg | 14% | Protein 8g | | |
| Vitamin D 0mcg | 0% | • Calcium 105mg | 11% | |
| Iron 1.5mg | 8% | • Potassium 234mg | 5% | |

About 8 servings per container
Serving size 3 Pierogi (99g)
Calories 225 per serving

*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: Beef, wheat flour (wheat flour enriched [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), water, onions, cooking oil (soybean oil, beta-carotene, TBHQ and citric acid) soybean oil, jalapeno peppers, eggs, seasoning (dehydrated vegetables {carrot, parsnip, potato, parsley, coriander, curry} potato starch, red pepper, riboflavin {natural color}), salt, black pepper, spices (all spice, bay leaves).
CONTAINS: Wheat, Eggs, and Soy Ingredients.

Raspberry & Cheese Pierogi

| Nutrition Facts | Amount/Serving | % Daily Value | Amount/Serving | % Daily Value |
|-------------------------|---------------------|-----------------------|-------------------------------|---------------|
| | Total Fat 4g | 6% | Total Carbohydrate 31g | 10% |
| Saturated Fat 2g | 11% | Dietary Fiber 2g | 8% | |
| <i>Trans Fat</i> 0g | | Total Sugars 7g | | |
| Cholesterol 10mg | 4% | Incl. 5g Added Sugars | 10% | |
| Sodium 75mg | 3% | Protein 12g | | |
| Vitamin D 0.2mcg | 0% | • Calcium 183mg | 20% | |
| Iron 0.6mg | 4% | • Potassium 91mg | 2% | |

About 8 servings per container
Serving size 3 Pierogi (99g)
Calories 210 per serving

*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: Cheese (cultured pasteurized grade A whole milk, whey, vinegar), wheat flour (wheat flour enriched [niacin, reduced iron, thiamine, mononitrate, riboflavin folic acid], malted barley flour, raspberries, water, sugar, eggs, soybean oil, apple pectin, ascorbic acid, citric acid, salt.
CONTAINS: Wheat, Eggs, Milk, and Soy Ingredients.