



Whether you are a pierogi regular, or this is your first time trying this European delight, we hope you enjoy our products.



### POTATO PIEROGI

#### Nutrition Facts

Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
<b>Total Fat</b> 4g	<b>6%</b>	<b>Total Carbohydrate</b> 42g	<b>14%</b>
Saturated Fat 1.5g	8%	Dietary Fiber 2g	8%
Trans Fat 0g		Total Sugars 7g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>	<b>Protein</b> 7g	
Vitamin D 0mcg	0%	Calcium 56mg	6%
Iron 3mg	15%	Potassium 321mg	7%

About 7 servings per 20 count bag

Serving size  
**3 Pierogi (99g)**

Calories per serving **230**

\*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, Wheat Flour (wheat flour enriched Iniacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) malted barley flour), Dehydrated Potatoes (potatoes, mono and diglycerides, sodium acid pyrophosphate and citric acid), Water, Milk (grade A milk and vitamin D3), Eggs, Cream Cheese (pasteurized milk and cream, salt, carob bean gum, cheese culture), Sour Cream (cultured cream, enzymes), 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
<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carbohydrate</b> 31g	<b>11%</b>
Saturated Fat 2g	11%	Dietary Fiber 1g	5%
Trans Fat 0g		Total Sugars 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 280mg	<b>12%</b>	<b>Protein</b> 5g	
Vitamin D 0mcg	0%	Calcium 50mg	4%
Iron 0.6mg	4%	Potassium 170mg	4%

About 7 servings per 20 count bag

Serving size  
**3 Pierogi (99g)**

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 Iniacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) malted barley flour), Water, Dehydrated Potatoes (potatoes, mono and diglycerides, sodium acid pyrophosphate and citric acid), 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, Black Pepper.

**CONTAINS:** Wheat, Eggs, Milk, and Soy Ingredients

POTATO PIEROGI



POTATO & FRIED ONION PIEROGI



POTATO & CHEDDAR PIEROGI



POTATO BACON CHEDDAR PIEROGI



### POTATO & CHEDDAR PIEROGI

#### Nutrition Facts

Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
<b>Total Fat</b> 7g	<b>11%</b>	<b>Total Carbohydrate</b> 33g	<b>11%</b>
Saturated Fat 4g	20%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 6g	
<b>Cholesterol</b> 15mg	<b>4%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 360mg	<b>16%</b>	<b>Protein</b> 9g	
Vitamin D 0mcg	0%	Calcium 132mg	15%
Iron 1.1mg	6%	Potassium 228mg	5%

About 7 servings per 20 count bag

Serving size  
**3 Pierogi (99g)**

Calories per serving **230**

\*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 (pasteurized milk, cheese culture, salt, enzymes, annatto coloring, cellulose), Wheat Flour (wheat flour enriched Iniacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) malted barley flour), Dehydrated Potatoes (potatoes, mono and diglycerides, sodium acid pyrophosphate and citric acid), Water, Eggs, Soybean Oil, Salt, Black Pepper.

**CONTAINS:** Wheat, Eggs, Milk, and Soy Ingredients

### POTATO BACON CHEDDAR PIEROGI

#### Nutrition Facts

Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
<b>Total Fat</b> 7g	<b>11%</b>	<b>Total Carbohydrate</b> 32g	<b>10%</b>
Saturated Fat 3.5g	17%	Dietary Fiber 3g	12%
Trans Fat 0g		Total Sugars 5g	
<b>Cholesterol</b> 13mg	<b>4%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 390mg	<b>17%</b>	<b>Protein</b> 8g	
Vitamin D 0mcg	0%	Calcium 105mg	11%
Iron 1.5mg	8%	Potassium 234mg	5%

About 7 servings per 20 count bag

Serving size  
**3 Pierogi (99g)**

Calories per serving **225**

\*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:** Wheat Flour (wheat flour enriched Iniacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour), Potatoes, Cheese (pasteurized milk, cheese culture, salt, enzymes, annatto coloring, cellulose), Bacon (cured with water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrite), Dehydrated Potatoes (potatoes, mono and diglycerides, sodium acid pyrophosphate and citric acid), Water, Eggs, Soybean Oil, Vinegar, Salt, Black Pepper.

**CONTAINS:** Wheat, Eggs, Milk, and Soy Ingredients

