

Pierogies



*Potato Cheddar Pierogies
& Potato Onion Pierogies*

Pasta pocket filled with potatoes and cheese or potatoes and onions



Delicious as a main dish, side dish, or appetizer



Low fat, high energy food



Kosher certified (U)

Please visit our website for more information, recipes and serving suggestions

www.oldfashionedkitchen.com

OFK Potato Cheddar Pierogies

Pack size-4/48/4 lbs.
1 00 41641-80002 1

OFK Potato Onion Pierogies

Pack size-4/48/4 lbs.
1 00 41641-80001 4

| Nutrition Facts | |
|---|------------|
| Serving size 3 Pierogies (117g) | |
| Amount per serving | |
| Calories | 240 |
| | % DV* |
| Total Fat 6g | 8% |
| Saturated Fat 1.5g | 6% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 350mg | 15% |
| Total Carbohydrate 41g | 15% |
| Dietary Fiber 2g | 8% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 7g | |
| Vit. D 0mcg 0% • Calcium 50mg 4% | |
| Iron 0.6mg 4% • Potas. 290mg 6% | |
| <small>*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.</small> | |

| Nutrition Facts | |
|---|------------|
| Serving size 3 Pierogies (117g) | |
| Amount per serving | |
| Calories | 230 |
| | % DV* |
| Total Fat 5g | 7% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 170mg | 7% |
| Total Carbohydrate 40g | 15% |
| Dietary Fiber 3g | 9% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 6g | |
| Vit. D 0mcg 0% • Calcium 10mg 0% | |
| Iron 0.7mg 4% • Potas. 240mg 6% | |
| <small>*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.</small> | |

Ingredients:

Potato Cheddar Pierogies: Water, Durum Flour, Dehydrated Potatoes, Dehydrated Cheddar Cheese (Whey, Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Butter, Buttermilk Solids, Salt, Sodium Phosphate), Canola Oil, Dehydrated Onions, Salt, Pepper, Natural Food Color (Annatto).

Allergen Information: Contains Wheat and Milk

Potato Onion Pierogies: Water, Durum Flour, Dehydrated Potatoes, Canola Oil, Dehydrated Onions, Salt, White Pepper. **Allergen Information:** Contains Wheat

Preparation Directions:

Boil: Place Pierogies in boiling water for 5 to 7 minutes. Drain and serve.

Skillet: Place frozen Pierogies in boiling water for 3 mins. Drain and pat dry. Add Pierogies to skillet with vegetable oil and saute over medium heat (300°F) for 5 to 6 minutes. Turn occasionally until lightly brown on both sides.

Microwave: Place frozen Pierogies in a microwave safe bowl with water. Microwave on high for 4 to 5 minutes. Drain and serve.