




*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* 

## OFK Potato Onion Pierogies

Pack Size – 4/48/4lbs.  
1 00 41641-80001 4

| <b>Nutrition Facts</b>                                                                                                                                                            |            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Serving size 3 Pierogies (117g)                                                                                                                                                   |            |
| Amount per serving                                                                                                                                                                |            |
| <b>Calories</b>                                                                                                                                                                   | <b>230</b> |
| % DV*                                                                                                                                                                             |            |
| <b>Total Fat</b> 5g                                                                                                                                                               | <b>7%</b>  |
| Saturated Fat 0g                                                                                                                                                                  | <b>0%</b>  |
| Trans Fat 0g                                                                                                                                                                      |            |
| <b>Cholesterol</b> 0mg                                                                                                                                                            | <b>0%</b>  |
| <b>Sodium</b> 170mg                                                                                                                                                               | <b>7%</b>  |
| <b>Total Carbohydrate</b> 40g                                                                                                                                                     | <b>15%</b> |
| Dietary Fiber 3g                                                                                                                                                                  | <b>9%</b>  |
| Total Sugars 1g                                                                                                                                                                   |            |
| Includes 0g Added Sugars                                                                                                                                                          | <b>0%</b>  |
| <b>Protein</b> 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> |            |

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| <b>Nutrition Facts</b>                                                                                                                                                            |            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Serving size 3 Pierogies (117g)                                                                                                                                                   |            |
| Amount per serving                                                                                                                                                                |            |
| <b>Calories</b>                                                                                                                                                                   | <b>240</b> |
| % DV*                                                                                                                                                                             |            |
| <b>Total Fat</b> 6g                                                                                                                                                               | <b>8%</b>  |
| Saturated Fat 1.5g                                                                                                                                                                | <b>6%</b>  |
| Trans Fat 0g                                                                                                                                                                      |            |
| <b>Cholesterol</b> 5mg                                                                                                                                                            | <b>2%</b>  |
| <b>Sodium</b> 350mg                                                                                                                                                               | <b>15%</b> |
| <b>Total Carbohydrate</b> 41g                                                                                                                                                     | <b>15%</b> |
| Dietary Fiber 2g                                                                                                                                                                  | <b>8%</b>  |
| Total Sugars 3g                                                                                                                                                                   |            |
| Includes 0g Added Sugars                                                                                                                                                          | <b>0%</b>  |
| <b>Protein</b> 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> |            |

## INGREDIENTS

Extra Fancy Durum Flour, Dehydrated Potatoes, Canola Oil, Dehydrated Onions, Salt, Pepper.

**Allergen Information:** Contains Wheat

## INGREDIENTS

Water, Extra Fancy 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, Milk and Milk Products

## DIRECTIONS

**BOIL:** Place Pierogies in boiling water for 6 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.