



POTATO & ONION PIEROGIES (FS)

INGREDIENTS

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

Allergen Information: Contains Wheat

NUTRITIONAL INFORMATION

ITEM NUMBER: 80001

SERVING SIZE	3 Pierogies (113g)	
SERVING PER PACKAGE	16	
CALORIES	190	
CALORIES FROM FAT	10	% DAILY VALUE
TOTAL FAT	1.5 g	2 %
SATURATED FAT	0 g	0 %
TRANS FAT	0 g	
CHOLESTEROL	0 mg	0 %
SODIUM	210 mg	9 %
TOTAL CARBOHYDRATES	38 g	13 %
DIETARY FIBER	2 g	10 %
SUGARS	10 g	
PROTEIN	7 g	

% US RDA

VITAMIN A	0 %
VITAMIN C	2 %
CALCIUM	2 %
IRON	4 %