

PIEROGI, POTATO & CHEESE 6 LB FROZEN

Nutritional Facts

Serving Size: 114 gr (114gr)

Servings Per Container 96

Amount per Serving

Calories: 170

**Calories from
Fat:** 25

% Daily Value *

Total Fat: 2.5g 4%

Saturated Fat: 1g 4%

Trans Fat: 0g

Cholesterol: 5mg 2%

Sodium: 510mg 21%

Total Carbohydrate: 33g 11%

Dietary Fiber: 1g 5%

Sugars: 1g

Protein 5g

Vitamin A: 0%

Vitamin C: 10%

Calcium: 4%

Iron: 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:

WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED POTATOES (POTATOES, MONO & DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID), DEHYDRATED CHEESE (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], MALTODEXTRIN, WHEY, PALM OIL AND/OR SOYBEAN OIL, SALT, DISODIUM PHOSPHATE, YEAST EXTRACT, NATURAL FLAVOR, ANNATTO AND TURMERIC [COLOR], CITRIC ACID), SALT, SOYBEAN OIL, ONIONS, EGGS, SPICE

Allergens

Allergen	Does Not Contain	Contains	May Contain	No Data
Crustacean	✓			
Eggs		✓		
Fish	✓			
Gluten				✓
Milk		✓		
Peanuts	✓			
Soy		✓		
Tree Nuts	✓			
Wheat		✓		

Product Description:

8 Grain Dinner Roll

Label Description

Nickles 16 Split Top 8 Grain Dinner Rolls

Allergens

wheat, soy

Ingredients:

Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat bran, stone ground 100% whole wheat flour, yeast, wheat gluten, contains 2% or less of the following: honey, rye meal, oat bran, molasses, barley grits, soybean oil, steel cut wheat, oat flakes, barley flakes tritcale flakes, soft white wheat flakes rye flakes, amaranth, flaxseed, toasted wheat germ, degermed yellow corn meal, salt, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium chloride), corn starch, dough conditioners (monoglycerides,sodium stearoyl lactylate, calcium peroxide), calcium propionate(preservative), caramel color.

Nutrition facts:

Serving size: 1 bun

SERVINGS PER

CONTAINER:16

gram

32 bun

Nutrient	Values	Unit	%DailyValue
Calories	80	Kcal	
Calories From Fat	10	kcal	
Total Fat	0	g	2%
Saturated Fat	0	g	0%
Trans Fat	0	g	
Polyunsaturated Fat	0	g	

Monounsaturated Fat	0	g	
Cholesterol	0	mg	0
Sodium	150	mg	6%
Total Carbohydrate	15	g	5%
Dietary Fiber	1	g	4%
Sugars	2	g	
Protein	3	g	
Vitamin A			0
Vitamin C			0
Calcium			4%
Iron			6%
Thiamin			10%
Riboflavin			6%
Niacin			8%
Folate			8%