

# Potato Pierogie

Number of Servings: 1 (113.4 g per serving)

Ingredient	Comments
Potato Pierogie	

<b>Nutrition Facts</b>	
Serving Size 3 Pierogies (113g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 180</b>	<b>Calories from Fat 25</b>
<small>% Daily Value*</small>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat --g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 9g	
<b>Protein 4g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories: 2,000    2,500</small>
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

2/19/2009 8:57:18 AM



