

Pierogies w/ Dinner Roll (LR100049)

HACCP Process: Process 2: Same day service
 Allergens: Contains Egg, Gluten, Milk, Soy, Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA, 1/8 Veg-S
 Number of Servings: 1.00 Serving Size: 3 Each
 Moisture gain/loss%: 0.0000 Yield: 5 5/8 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Pasta, Pierogy, Potato & American Cheese, Filled Pasta, Frozen, Mrs. T's, 41164-00375, MMA, WGR, Veg SR101972	3 pieces
				Bread, Split Top Wheat Dinner Roll, Nickles, 1975, WG SI100002	1 Each

Preparation Instructions

- Boild: Drop frozen pasta in water that has already been heated to a rolling boil over high heat. Pasta will float in 5 to 7 minutes.
- Sauteed: Saute frozen pasta in a skillet with butter or oil over medium heat. Turn occasionally until golden brown on both sides approx. 8 minutes.
- Baked: Conventional oven: Pre-heat oven to 350F. Place frozen pasta on a rimmed baking sheet lightly coated with non-stick cooking spray. Spray tops of pasta as well. Bake 18-20 minutes.
 Convection oven: Pre-heat oven to 350F. Place frozen pasta on a rimmed baking sheet lightly coated with non-stick cooking spray or lined with parchment paper. Spray tops of pasta as well. Bake for 18-20 minutes. For best results turn frozen pasta half way through cooking.
- Deep Fry: Preheat oil to 350F. Place frozen pasta in oil for 4 minutes until nicely browned and float.
- Steamed: Place frozen pasta in a slotted or solid pan. Set time for 5 minutes. When steaming more than one pan allow additional 2 minutes per pan. Cooking times may vary according to equipment used.

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	24.00	12.00	61.33	17.33	1.333

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
192.308	5.128	2.564	0	35.256	358.974	29.487	3.205	0.641	8.333	1.615	76.923	0	3.846	(M)	(M)

Nutrients per serving (156 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
300	8	4	0	55	560	46	5	1	13	2.52	120	0	6	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.