

375 - American 'CN' Pierogies

Nutrition Facts

Serving Size 3 Pierogies (146g)

Servings Per Container 24

Amount Per Serving

Calories 270 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 4g **21%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 710mg **29%**

Total Carbohydrate 39g **13%**

Dietary Fiber 2g **7%**

Sugars 1g

Protein 10g

Vitamin A 2% • Vitamin C 10%

Calcium 10% • Iron 10%

*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
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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4