

**Nutrition Facts
Valeur nutritive**

Per 3 perogies (102g) / Par 3 perogies (102 g)

Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 170		
Fat / Lipides	2.5 g	4 %
Saturated / satures	1 g	5 %
+Trans / trans	0 g	
Cholesterol / Cholesterol	5 mg	1 %
Sodium / Sodium	420 mg	18 %
Carbohydrate / Glucides	32 g	11 %
Fibre / Fibres	2 g	6 %
Sugars / Sucres	0 g	
Protein / Proteines	5 g	
Vitamin A / Vitamine A		2 %
Vitamin C / Vitamine C		6 %
Calcium / Calcium		4 %
Iron / Fer		10 %

Potato & Cheddar Perogies

Ingredients:

potato, flour, water, cheddar
cheese, vegetable oil, salt,
seasoning, colour

**Nutrition Facts
Valeur nutritive**

Per 3 perogies (102g) / Par 3 perogies (102 g)

Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 180		
Fat / Lipides	3.5 g	6 %
Saturated / satures	0.4 g	5 %
+Trans / trans	0.5 g	
Cholesterol / Cholesterol	0 mg	0 %
Sodium / Sodium	440 mg	18 %
Carbohydrate / Glucides	32 g	11 %
Fibre / Fibres	2 g	7 %
Sugars / Sucres	0 g	
Protein / Proteines	4 g	
Vitamin A / Vitamine A		4 %
Vitamin C / Vitamine C		6 %
Calcium / Calcium		0 %
Iron / Fer		10 %

Potato & Onion Perogies

Ingredients:

potato, flour, water, onion,
vegetable oil margarine
(canola oil, modified
palm and palm kernel oils),
vegetable oil, salt, seasoning

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Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 170		
Fat / Lipides	2 g	3 %
Saturated / satures	0.3 g	2 %
+Trans / trans	0 g	
Cholesterol / Cholesterol	15 mg	5 %
Sodium / Sodium	410 mg	17 %
Carbohydrate / Glucides	25 g	8 %
Fibre / Fibres	1 g	4 %
Sugars / Sucres	1 g	
Protein / Proteines	11 g	
Vitamin A / Vitamine A		0 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		2 %
Iron / Fer		10 %

Potato & Cottage Cheese Perogies

Ingredients:

potato, flour, water, cottage
cheese (skimmed milk, bacterial
culture, microbial enzyme),
vegetable oil margarine (canola
oil, modified palm and palm kernel
oils), vegetable oil, salt, seasoning

**Nutrition Facts
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Per 3 perogies (102g) / Par 3 perogies (102 g)

Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 190		
Fat / Lipides	4 g	6 %
Saturated / satures	1.5 g	8 %
+Trans / trans	0 g	
Cholesterol / Cholesterol	5 mg	2 %
Sodium / Sodium	460 mg	19 %
Carbohydrate / Glucides	32 g	11 %
Fibre / Fibres	2 g	6 %
Sugars / Sucres	0 g	
Protein / Proteines	5 g	
Vitamin A / Vitamine A		2 %
Vitamin C / Vitamine C		4 %
Calcium / Calcium		4 %
Iron / Fer		10 %

Potato, Cheddar & Bacon Perogies

Ingredients:

potato, flour, water, cheddar
cheese, bacon, vegetable oil,
salt, seasoning, colour

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Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 3.5 g	6 %
Saturated / saturés 0.4 g	5 %
+Trans / trans 0.5 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 590 mg	24 %
Carbohydrate / Glucides 29 g	10 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 0 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Potato & Sauerkraut Perogies

Ingredients:

sauerkraut, flour, water, potato,
vegetable oil margarine
(canola oil, modified palm and
palm kernel oils), vegetable oil,
salt, seasoning

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Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 190	
Fat / Lipides 3 g	5 %
Saturated / saturés 1.0 g	5 %
+Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	0 %
Sodium / Sodium 440 mg	18 %
Carbohydrate / Glucides 35 g	12 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 1 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	6 %
Iron / Fer	20 %

Parmesan Sun-Dried Tomato & Basil Perogies

Ingredients:

potato, wheat flour, water,
parmesan cheese (milk),
vegetable oil, sun dried tomato,
salt, basil, seasoning

Nutrition Facts

Serving Size (103g)
Servings Per Container

Amount Per Serving

Calories 120	Calories from Fat 70	% Daily Value*
Total Fat 7g		11%
Saturated Fat 2g		10%
Trans Fat 1g		
Cholesterol 5mg		2%
Sodium 840mg		35%
Total Carbohydrate 11g		4%
Dietary Fiber 1g		4%
Sugars 1g		
Protein 1g		
Vitamin A 8%	Vitamin C 0%	
Calcium 4%	Iron 4%	

Roasted Garlic & Dill Perogies

Ingredients:

potato, wheat flour, water, sour
cream (milk), vegetable oil
margarine (canola oil, modified
palm and palm kernel oils soy),
minced garlic, vegetable oil, salt,
seasoning, dill weed

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Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 200	
Fat / Lipides 7 g	11 %
Saturated / saturés 3.5 g	18 %
+Trans / trans 0 g	
Cholesterol / Cholestérol 10 mg	3 %
Sodium / Sodium 240 mg	10 %
Carbohydrate / Glucides 27 g	9 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	10 %
Iron / Fer	8 %

Pepperoni Pizza Perogies

Ingredients:

wheat flour, water, vegetable oil,
salt, seasoning, pepperoni, corn
starch, tomato sauce, onions,
mozzarella cheese (milk),
cheddar cheese (milk), condensed
mushroom soup

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Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 200	
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Fat / Lipides 1.5 g	2 %
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Saturated / satures 0.1 g	1 %
+Trans / trans 0 g	

Cholesterol / Cholesterol 0 mg	0 %
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Sodium / Sodium 125 mg	5 %
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Carbohydrate / Glucides 44 g	15 %
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Fibre / Fibres 2 g	8 %
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Sugars / Sucres 16 g	
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Protein / Proteines 4 g	
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Vitamin A / Vitamine A	0 %
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Vitamin C / Vitamine C	2 %
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Calcium / Calcium	2 %
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Iron / Fer	10 %
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Saskatoon Berry Perogies

Ingredients:

flour, water, saskatoon berries,
sugar, blueberries, modified
cornstarch,
vegetable oil, salt

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Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 200	
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Fat / Lipides 1.5 g	2 %
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Saturated / satures 0.1 g	1 %
+Trans / trans 0 g	

Cholesterol / Cholesterol 0 mg	0 %
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Sodium / Sodium 125 mg	5 %
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Carbohydrate / Glucides 44 g	15 %
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Fibre / Fibres 1 g	5 %
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Sugars / Sucres 16 g	
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Protein / Proteines 3 g	
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Vitamin A / Vitamine A	0 %
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Vitamin C / Vitamine C	15 %
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Calcium / Calcium	0 %
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Iron / Fer	10 %
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Strawberry Perogies

Ingredients:

flour, water, strawberries,
sugar, modified cornstarch,
vegetable oil, salt