

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

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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

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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 / satures 0.4 g	5 %
+Trans / trans 0.5 g	
Cholesterol / Cholesterol 0 mg	0 %
Sodium / Sodium 590 mg	24 %
Carbohydrate / Glucides 29 g	10 %
Fibre / Fibres 2 g	9 %
Sugars / Sucres 0 g	
Protein / Proteines 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 200	
Fat / Lipides 1.5 g	2 %
Saturated / satures 0.1 g	1 %
+Trans / trans 0 g	
Cholesterol / Cholesterol 0 mg	0 %
Sodium / Sodium 125 mg	5 %
Carbohydrate / Glucides 44 g	15 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 16 g	
Protein / Proteines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Saskatoon Berry Perogies

Ingredients:

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

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Calories / Calories 200	
Fat / Lipides 1.5 g	2 %
Saturated / satures 0.1 g	1 %
+Trans / trans 0 g	
Cholesterol / Cholesterol 0 mg	0 %
Sodium / Sodium 125 mg	5 %
Carbohydrate / Glucides 44 g	15 %
Fibre / Fibres 1 g	5 %
Sugars / Sucres 16 g	
Protein / Proteines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	0 %
Iron / Fer	10 %

Strawberry Perogies

Ingredients:

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