KEEP FROZEN

Nutrition Facts
10 servings per container

Serving size (85g)

Amount Per Serving
Calories 200
Total Fat 6g 10%
Saturated Fat 1.9g 10%
Trans Fat 0g
Cholesterol 15mg 5%
Sodium 360mg 16%
Total Carbohydrate 25g 9%
Dietary Fiber 2g 7%
Total Sugars 2g
Includes 0g Added Sugars 0%
Protein 8g 16%

Vitamin D 0mcg 0%
Calcium 19mg 2%
Iron 1mg 6%
Potassium 232mg 4%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling and Cooking Instructions:
Safety Handling Instructions
1. Keep frozen.
2. Cook thoroughly.
3. Refrigerate leftovers immediately or discard.

Cooking Instructions Deep fryer
1. Preheat oil in a pan or deep fryer at 350 °F
2. Oil must cover the product completely
3. Fry for 4 to 6 minutes (turning couple of times) until golden brown is obtained and internal temperature reaches 155 °F.

Dough Ingredients:
Precooked Corn flour, unsalted butter, Water, Salt

Filling Ingredients:
Shredded Flank Steak, Potatoes, Onions, Green Bell Pepper, Green Onions, Spices, Salt

Questions, Comments and Orders
Empanadas Valrico Inc.
1617 Desoto Rd, Sarasota, FL 34234
EmpanadasValrico@hotmail.com
Phone (813) 408-0884
**KEEP FROZEN**

**Empanadas Valrico**

**CHICKEN EMPANADAS**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>85g</th>
<th>Calories</th>
<th>180</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>6g</td>
<td>% Daily Value*</td>
<td>8%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.9g</td>
<td>5%</td>
<td></td>
</tr>
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<tr>
<td>Total Sugars</td>
<td>2g</td>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
<td>14%</td>
<td></td>
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<tr>
<td>Vitamin D</td>
<td>0mcg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>20mg</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>1mg</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
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**Safety Handling Instructions**
1. Keep frozen.
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**Cooking Instructions Deep fryer**
1. Preheat oil in a pan or deep fryer at 350 °F.
2. Oil must cover the product completely.
3. Fry for 4 to 6 minutes (turning couple of times) until golden brown is obtained and internal temperature reaches 165 °F.

**Dough Ingredients:**
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**Filling Ingredients:**
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Empanadas Lalrico

COLOMBIAN Artisan Style

Share The Taste

KEEP FROZEN

Empanadas Lalrico

STAKE EMAPANADAS

Nutrition Facts

100 servings per container
Serving size (85g)

Amount Per Serving
Calories 200

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4 bags/28 pcs each - approx 20 lbs net wt
Nutrition Facts

100 servings per container

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