



KEEP FROZEN

Empanadas Valrico



STEAK EMPANADAS

Nutrition Facts

10 servings per container

Serving size (85g)

Amount Per Serving

Calories 200

	% Daily Value*
Total Fat 8g	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.

1 bag / 10 pcs each - NET WT 26 oz (1LB 10oz) (737g)

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 165 °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@gmail.com
Phone (813) 408-0884





****KEEP FROZEN****

Valrico Empanadas

CHICKEN EMPANADAS



Nutrition Facts

10 servings per container
Serving size (85g)

Amount Per Serving
Calories 180

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.9g	5%
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 7g	14%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 311mg	6%

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2. Oil must cover the product completely
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Dough Ingredients:

Precooked Corn flour, unsalted butter, Water, Salt

Filling Ingredients:

Shredded Chicken, Potatoes, Onions, Green Bell Pepper, Green Onions, Spices, Salt

Questions Comments and Orders

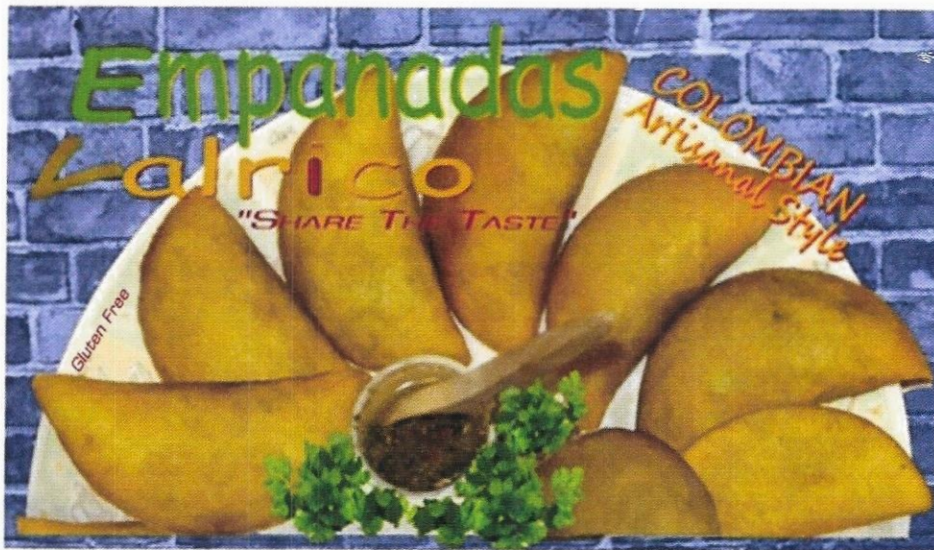
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1 bag / 10pcs each - NET WT 26 oz (1LB 10oz) (737g)

BEST BEFORE 01/30/2023



KEEP FROZEN

Empanadas Valrico

STEAK EMPANADAS



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4 bags/25 pcs each - aprox 20 lbs net wt

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Valrico Empanadas

"SHARE THE TASTE"

COLOMBIAN
Artisanal Style

GLUTEN FREE



SERVING SUGGESTION

****KEEP FROZEN****

Empanadas
Valrico

CHICKEN EMPANADAS



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