



CROQUETAS
LA MARY

HAM CROQUETTES

*Las que sí tienen
el sabor cubano*

A TASTE OF CUBA

CROQUETAS DE JAMÓN

30

UNITS/UNIDADES

NET WT | PESO NETO 31.36 OZ (1.96 LB)
KEEP FROZEN / MANTENER CONGELADO

U.S.
INSPECTED
AND PASSED BY
DEPARTMENT OF
AGRICULTURE
EST. 2725



Nutrition Facts

varied servings per container

Serving size 4 croquettes (120g)

Amount per serving

Calories

250

% Daily Value*

Total Fat 10g 13%

Saturated Fat 4.5g 24%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 570mg 25%

Total Carbohydrate 26g 9%

Dietary Fiber 1g 3%

Total Sugars 2g

Includes <1g Added Sugars 2%

Protein 13g

Vitamin D 0.7mcg 4%

Calcium 50mg 4%

Iron 1mg 6%

Potassium 340mg 8%

*The % Daily Value 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.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly.



Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

INGREDIENTS: Ham block: (Cooked ham water added [pork cured with a solution of water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrate], Old fashion ham 20% added ingredients [pork, water, salt, sugar, flavoring mix [salt, sodium acetate, flavorings], sodium phosphate, monosodium glutamate, liquid smoke, sodium erythorbate, sodium nitrite], Bolo ham water added [pork, water, salt, sugar, sodium phosphate, sodium acetate, monosodium glutamate, sodium erythorbate, liquid smoke, sodium nitrite], Smoked pork loin water added [pork loin, water, salt, sugar, sodium phosphate, sodium acetate, sodium erythorbate, liquid smoke, sodium nitrite]), milk, wheat flour (enriched bleached flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), butter (pasteurized cream, salt), rendered pork fat (pork fat, salt), seasoning mix (ham seasoning [salt, monosodium glutamate, artificial ham flavor, hydrolyzed vegetable protein, silica [anticaking agent]], spices, garlic, annatto, onion, lemon pepper). [salt, dehydrated onion, pepper, citric acid, dehydrated garlic, silicon dioxide [prevents caking], turmeric, lemon oil, and canola oil]). Breaded with bread crumbs (bleached wheat flour, sugar, contains 2% or less of: salt, sunflower oil, yeast) and eggs wash (eggs [whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color], water, salt)

Contain: Milk, wheat, eggs

INGREDIENTES: Bloque de jamón: (jamón cocido con agua añadida [cerdo curado con una solución de agua, sal, azúcar, fosfato sódico, eritrobato de sodio, nitrato de sodio], jamón estilo antiguo 20% ingredientes añadidos [cerdo, agua, sal, azúcar, mezcla de saborizantes [sal, acetato de sodio, saborizantes], fosfato sódico, glutamato monosódico, humo líquido, eritrobato de sodio, nitrato de sodio], jamón bolo con agua añadida [cerdo, agua, sal, azúcar, fosfato sódico, acetato de sodio, glutamato monosódico, eritrobato de sodio, humo líquido, nitrato de sodio], lomo de cerdo ahumado con agua añadida [lomo de cerdo, agua, sal, azúcar, fosfato sódico, acetato de sodio, eritrobato de sodio, humo líquido, nitrato de sodio]), leche, harina de trigo (harina blanqueada enriquecida, niacina, hierro reducido, mononitrato de tiamina, riboflavina, ácido fólico), mantequilla (crema pasteurizada, sal), grasa de cerdo fundida (grasa de cerdo, sal), mezcla de condimentos (sazonador para jamón [sal, glutamato monosódico, sabor artificial a jamón, proteína vegetal hidrolizada, sílice [agente antiaglomerante]], especias, ajo, achiote, cebolla, pimienta de limón). [sal, cebolla deshidratada, pimienta, ácido cítrico, ajo deshidratado, dióxido de silicio [previene la aglomeración], cúrcuma, aceite de limón y aceite de canola]). Empanizado con migas de pan (harina de trigo blanqueada, azúcar, contiene 2% o menos de: sal, aceite de girasol, levadura) y lavado de huevo (huevos [huevos enteros, ácido cítrico, 0.15% de agua añadida como transportador de ácido cítrico, ácido cítrico añadido para preservar el color], agua, sal).

Contiene: Leche, trigo, huevos.



Manufactured by:
Croquetas La Mary LLC.
1809 SW 31st Avenues
Pembroke Park, Florida 33009



**CROQUETAS
LA MARY**

Nutrition Facts

about 76 servings per container
Serving size 1/4 cup (30g)

Amount per serving
Calories 120
% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0.2mcg	2%
Calcium 70mg	6%
Iron 1.5mg	8%
Potassium 60mg	2%

* The % Daily Value 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.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SALT, VEGETABLE OIL (SOYBEAN, COTTONSEED AND/OR CANOLA), SUGAR, MAY CONTAIN 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, DEXTROSE, SOY FLOUR, WHEY, CALCIUM PROPIONATE (PRESERVATIVE), SODIUM STEAROYL LACTYLATE (DOUGH CONDITIONER), MONO- AND DIGLYCERIDES, SOY LECITHIN, MOLASSES, HONEY, WHOLE WHEAT FLOUR, CORN FLOUR, CORNMEAL, CITRIC ACID, GRAIN VINEGAR, WHEAT STARCH, CORN STARCH, POTATO FLOUR, RICE FLOUR, WHEAT BRAN, OAT FIBER, CALCIUM SULFATE, DATEM, POTASSIUM IODATE, GUAR GUM, CALCIUM PHOSPHATE, ENRICHMENT (VITAMIN E ACETATE, VITAMIN A PALMITATE, VITAMIN D3), LACTIC ACID, ASCORBIC ACID (DOUGH CONDITIONER), SPICE & COLORING, NATURAL AND ARTIFICIAL FLAVOR, SESAME SEEDS.

CONTAINS: WHEAT, SOY, MILK AND SESAME SEEDS INGREDIENTS.

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