

bettergoods
TRADITIONALLY CRAFTED
Chicken Curry Empanadas

PC'SIDE 14194
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CRISPY
8
PIECES

Succulent chicken with rich Indian-inspired spices in a crispy pastry shell



serving suggestion
enlarged to show texture

NET WT 9.6 OZ (272g)



KEEP FROZEN
COOK THOROUGHLY

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Nutrition Facts

4 servings per container
Serving size 2 pieces (68g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 340mg	15%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	

Vit. D 0mcg 0% • Calcium 10mg 0%
Iron 1.8mg 10% • Potas. 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,500 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CURRY SAUCE (COCONUT MILK (COCONUT EXTRACT, WATER), ONION, GARLIC PASTE (GARLIC, WATER), TURMERIC, GINGER PASTE, SEA SALT, CURRY POWDER (SPICES (INCLUDING MUSTARD), SALT, GARLIC), CORN STARCH, CORIANDER, WATER, GROUND CHICKEN, CANOLA OIL, POTATO FLAKES (POTATOES, MONO- AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE (PRESERVATIVE), CITRIC ACID (PRESERVATIVE)), SEA SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE)
CONTAINS COCONUT AND WHEAT.

DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716
CONTAINS A BIOENGINEERED FOOD INGREDIENT.

PERISHABLE. KEEP FROZEN. COOK THOROUGHLY. DO NOT MICROWAVE. COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165°F. APPLIANCES VARY. COOKING TIME MAY NEED ADJUSTING.

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Chicken Curry Empanadas

These empanadas have a crispy pastry shell and a delicious filling of succulent chicken and a curry sauce that has been cooked in rich Indian-inspired spices. Perfect for dipping with your favorite sauce.

COOKING INSTRUCTIONS:

OVEN:

1. Preheat oven to 375°F for 10 minutes.
2. Remove empanadas from packaging and place on a lined baking sheet 1 in. apart.
3. Place baking sheet on center rack of oven and bake for 15 minutes, flipping halfway through, or until golden brown.
4. Let stand for a few minutes before serving.

AIR FRYER:

1. Preheat air fryer to 350°F according to manufacturer's settings.
2. Place empanadas in air fryer in a single layer.
3. Cook for 8 minutes, flipping halfway through, or until golden brown.
4. Let stand for a few minutes before serving.

If you're not completely satisfied with our product, we'll replace it or return your money. Comments? Please contact us at 1-888-287-1976

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