



Tia Maria is a brand of Bagelinos LLC

CHICKEN EMPANADAS

Bulk Heat & Serve

Nutrition Facts

50 servings per container
Serving size 1 Empanada (130g)

Amount Per Serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 36g	13%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.8mg	10%
Potassium 376mg	8%

*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.

HEATING INSTRUCTIONS:

Thaw frozen product in the refrigerator overnight. Preheat oven to 375°F. Place thawed empanada on cookie sheet. Bake in oven for 10-12 minutes.
Note: Oven Temperatures vary. Ready to consume when internal temperatures measure 160°F with a calibrated thermometer.



General Specifications

Code # 50-9202
Pack: 50/4.58 OZ (130g)
Certified Gluten Free: Yes
Kosher: No
Shelf Life: 365 days frozen.
Status: 2 Weeks Order



MEAL CONTRIBUTION:

1 Empanada provides
2 OZ M/MA &
2 OZ-EQ Grains
Protein Content: 16g

INGREDIENTS:

Filling: Chicken (White and Dark Chicken Meat, Water, Modified Food Starch, Salt, Sodium Phosphates), Onions, Carrots, Brown Rice, Potatoes, Green Peas, Celery, Soy Flour, Kosher Salt, Water, Chipotle Peppers (Chipotle pepper, Tomato, Water, Onions, Soybean Oil, Sugar, Iodized Salt, Vinegar, Garlic, Paprika, Spices), Garlic Powder, Cumin, Black Peppers, Paprika, Cayenne Peppers, Soy Oil. Contains: Soy.

Crust: Corn Masa, Water, Enriched Degermed Yellow Cornmeal (Degerminated Yellow Cornmeal, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin and Folic Acid), Garlic Powder, Salt, Soy oil.

ALLEGERNS: Soy.

Case Specifications

Dimensions: 11.5 X 9 3/8 X 8 1/2
Per Pallet: 112 CASES / 5,600 UNITS
Case Weight: 14.31 Lbs.
Tier x Height: 16 x 7
Pack: 50 Empanadas, 4.58 OZ (130g) each
Storage: Keep Frozen