



Gourmet Foods Llc
185360 - Black Bean Empanada
See package for details



* Benefits

Ingredients

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE STOCK (WATER, VEGETABLE EXTRACT (ONION, LEEK, CELERIAC, CELERY, CARROT, TOMATO, POTATO, PARSLEY, GARLIC, BAY LEAF, ROSEMARY EXTRACT)), COOKED BLACK BEANS, SHORTENING (PALM OIL), BUTTER (CREAM (MILK), NATURAL FLAVOR), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE), ONIONS, EGGS, EXPELLER PRESSED CANOLA OIL, BELL PEPPERS, BREAD CRUMBS (UNBLEACHED WHEAT FLOUR, ORGANIC CANE SUGAR, YEAST, SEA SALT), SEA SALT, GARLIC, CILANTRO, TAMARIND CONCENTRATE, CORN, LEMON JUICE, JALAPENO PEPPERS, SPICES, GINGER, CORNSTARCH, CHILI POWDERS, TABASCO SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), SUGAR, THYME, XANTHAN GUM, ANNATTO SOLUTION.
CONTAINS: WHEAT, MILK, EGGS

⚠ Allergens

Contains:

🥚 eggs 🥛 milk 🥥 soy 🌾 wheat

Free From:

🦀 crustaceans 🐟 fish 🥜 peanuts 🌱 sesame
🌳 tree nuts

Nutrition Facts

Servings per Container

Serving size

Amount per serving

Calories

	% Daily Value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugar	%
Protein	
Vitamin D	%
Calcium	%
Iron	%
Potassium	%

* 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 Suggestions

See label for suggestions

Serving Suggestions

See label for suggestions

Prep & Cooking Suggestions

See label for suggestions

📄 Product Specifications

Brand	Manufacturer
Gourmet Foods Llc	Gourmet Foods LLC.

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	18536	185360	00855066006288		144/1.1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10lb	9lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
17in	10in	7in	0.69ft3	10x9	300days	-5°F / -2°F



Nutrition Analysis - By Measure

Calories		Total Fat		Sodium	
Protein		Trans Fats		Calcium	
Total Carbohydrates...		Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

 Additional Images

