Gourmet Foods Llc

251380 - Chicken & Corn Empanada

Emapanada, Chicken and Corn 2.5oz





* Benefits

Chicken mixed together with in-house cooked black beans, corn, cheddar cheese, pasilla, and ancho pepper - wrapped and folded into a flour tortilla.

Ingredients

EFFECTIVE DATE: 06/28/2019

Allergens

Contains:



Free From:

crustaceans eggs fish peanuts







Nutrition Facts

Servings per Container 100 2.5**O**Z Serving size

Amount per serving Calories

210

	% Daily Value*
Total Fat 6g	10%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 380mg	16%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	13%
Total Sugars 2g	
Includes Added Sugar	· %
Protein 8g	
Vitamin D 0mcg	0%
Calcium	20%
Iron	30%
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

keep frozen 10 f or below

Serving Suggestions

tray-passed as an hors d'oeuvre or plated as an appetizer

Prep & Cooking Suggestions

deep fry until it is golden brown, it must reach an internal temperature of 165f measured with an thermometer,, you can finish of in a convention oven

Product Specifications

Brand	Manufacturer
Gourmet Foods Llc	Gourmet Foods LLC.

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	25138	251380	00855066006998		100/2.5 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.63lb	15.63lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
16.44in	10in	6.75in	0.64ft3	10x9	180days	-5°F / -2°F





Gourmet Foods Llc 251380 - **Chicken & Corn Empanada**

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Nutrition Analysis - By Measure

Calories	210	Total Fat	6g	Sodium	380mg
Protein	8	Trans Fats	0g	Calcium	
Total Carbohydrates•••	25g	Saturated Fat	3g	Iron	
Sugars	2g	Added Sugars		Potassium	
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images							

