



Gourmet Foods Llc

285110 - Chicken Empanada

CHICKEN EMPANADA 3OZ

Mary's Chicken complemented with onions, jalapenos, bell peppers, garlic and an empanada spice mix folded in our home made short dough crust Selling Unit C5 Pack Size 64EA C5



* Benefits

CHICKEN EMPANADA 3 OZ

Ingredients

INGREDIENTS: CHICKEN BREAST MEAT, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SHORTENING (PALM OIL), BUTTER (CREAM (MILK), NATURAL FLAVOR (LACTIC ACID)), ONIONS, GREEN ONIONS, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONIONS, ANCHOVIES, GARLIC, CLOVES, TAMARIND EXTRACT, NATURAL FLAVORINGS, CHILI PEPPER EXTRACT), WATER (FOR TUMBLING ONLY), GARLIC, BREAD CRUMBS (ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR, SOYBEAN OIL, SALT, YEAST), EXPELLER PRESSED CANOLA OIL, EGG WHITES, EGGS, BELL PEPPERS, SEA SALT, CHICKEN BROTH BASE CONCENTRATE (EXTRACTS OF (CHICKEN, CARROT, ONION, LEEK, ROSEMARY), YEAST EXTRACT, CHICKEN FAT, SALT, FRUCTOSE, WATER, TOMATO PASTE, THYME), DRIED PASILLA PEPPER, JALAPENO PEPPERS, ROSEMARY, SUGAR, TABASCO PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), SEA SALT (FOR TUMBLING ONLY), ANCHO CHILI PEPPERS, SPICES, CHIPOTLE CHILI POWDER (SMOKED JALAPENO), TUMBLING PEPPER (FOR TUMBLING ONLY) (DEXTROSE AND SPICE EXTRACTIVES), CHILI DE ARBOL, BAY LEAVES GROUND (100% BAY LEAVES), XANTHAN GUM, ANNATTO SOLUTION.

⚠ Allergens

Contains:

eggs milk wheat

Free From:

crustaceans fish peanuts soy
 tree nuts

Nutrition Facts

Servings per Container **64**
Serving size **3.07OZ**

Amount per serving
Calories 250

% Daily Value*

Total Fat	15g	23%
Saturated Fat	7g	35%
Trans Fat		
Cholesterol	35mg	12%
Sodium	310mg	13%
Total Carbohydrate	20g	7%
Dietary Fiber	0g	0%
Total Sugars	1g	
Includes	0g Added Sugar	0%
Protein	9g	
Vitamin D	0mcg	0%
Calcium	18mg	1%
Iron	1mg	6%
Potassium	168mg	4%

* 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 AT 0 F OR BELOW AT ALL TIMES

Serving Suggestions

HANDHELD MEAL OR SNACK FOR BREAK LUNCH AND DINNER

Prep & Cooking Suggestions

REMOVE EMPANADAS FROM FREEZER AND PLACE THEM ON SHEETPAN WITH PARCHMENT PAPER. (HOLD PREHEAT THE OVEN TO 375 F AND PLACE THE EMPANADAS IN THE OVEN AT 350F FOR 25-30 MIN (UNTIL THEY REACH AN INTERNAL TEMP.OF 165F) REMOVE THE SHEETPAN FROM THE OVEN AND LET THEM REST FOR A FEW MINUTES BEFORE SERVING. BON APPETITEBON APPETITE

Product Specifications

Brand	Manufacturer	Product Category
Gourmet Foods Llc	Gourmet Foods LLC.	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	28511	285110	00850047475190		64/3 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13lb	12lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.44in	10in	6.75in	0.64ft3	10x10	274days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	250	Total Fat	15g	Sodium	310mg
Protein	9	Trans Fats		Calcium	18mg
Total Carbohydrates...	20g	Saturated Fat	7g	Iron	1mg
Sugars	1g	Added Sugars	0g	Potassium	168mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	35mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

