



Gourmet Foods Llc

285120 - Black Bean Empanada

BLACK BEAN EMPANADA 3 OZ In house cooked black beans mixed with corn, onions, garlic, jalapeno and Jamaican inspired seasonings with shredded Jack cheese folded into our home made short dough crust Selling Unit CS Pack Size 64EA CS



* Benefits

BLACK BEAN EMPANADA, MADE WITH CAGE-FREE EGGS AND UNBLEACHED FLOUR, CLEAN LABEL INGREDIENTS

Nutrition Facts

Servings per Container 64
Serving size 3.07OZ

Amount per serving
Calories 260

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 8g	40%
Trans Fat	
Cholesterol 20mg	7%
Sodium 350mg	15%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	6%
Potassium 115mg	2%

* 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.

Ingredients

INGREDIENTS: WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SHORTENING (PALM OIL), BUTTER (CREAM (MILK), NATURAL FLAVOR (LACTIC ACID)), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE (ADDED TO PREVENT CAKING)), BLACK BEANS, ONIONS, EXPELLER PRESSED CANOLA OIL, BELL PEPPERS, BREAD CRUMBS (UNBLEACHED WHEAT FLOUR, CANE SUGAR, YEAST, SEA SALT), EGG WHITES, GARLIC, CILANTRO, EGGS, SEA SALT, TAMARIND JUICE CONCENTRATE (TAMARIND, PRODUCED IN A FACILITY THAT USES MILK, TREE NUTS, PEANUTS, SOY, EGGS, WHEAT), CORN, VEGETABLE EXTRACT (ONION, LEEK, CELERIAC, CELERY, CARROT, TOMATO, POTATO, PARSLEY, GARLIC, BAY LEAF, ROSEMARY EXTRACT), LEMON JUICE, JALAPENOS, SPICES, GINGER, CORNSTARCH, SUGAR, TABASCO PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), THYME, DRIED PASILLA PEPPER, ANCHO CHILI PEPPERS, XANTHAN GUM, CHIPOTLE CHILI POWDER (SMOKED JALAPENO), BAY LEAVES GROUND (100% BAY LEAVES), ANNATTO SOLUTION, CHILI DE ARBOL.

Allergens

Contains:

eggs milk wheat

Free From:

crustaceans fish peanuts soy tree nuts

Handling Suggestions

KEEP FROZEN AT 0 F OR BELOW AT ALL TIMES

Serving Suggestions

HAND HELD 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 APPETITE BON APPETITE

Product Specifications

Brand	Manufacturer	Product Category
Gourmet Foods Llc	Gourmet Foods LLC.	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	28512	285120	00850047475183		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	260	Total Fat	17g	Sodium	350mg
Protein	5	Trans Fats		Calcium	54mg
Total Carbohydrates...	22g	Saturated Fat	8g	Iron	1mg
Sugars	1g	Added Sugars	0g	Potassium	115mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20mg		
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

