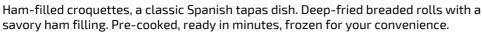


El Sembrador

36540 - Ham Croquettes





130



Benefits

El Sembrador Ham Croquettes will have you feeling satisfied whether it be for snack, appetizer or breakfast. Croquettes are a classic Spanish tapas dish. Crispy on the outside, creamy on the inside. These deliciously deep-fried breaded rolls contain a savory ham filling that will have you reaching for more. Stock your freezer today for year-round enjoyment. Available in the frozen foods section.

Ingredients

Allergens

Contains:





((iii)) tree nuts









Nutrition Facts

Servings per Container 68.0g (68g) Serving size

Amount per serving

Calories

Jaiorioo	150
% E	Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 390mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugar	%
Protein 6g	_
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1.2mg	6%
Potassium 152mg	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 UNIT UPC: 099336003182

Serving Suggestions

Great for tapas, appetizers, snacks, or breakfast.

Prep & Cooking Suggestions

DEEP FRY: Preheat oil to 350 degrees F. Use enough oil to fully cover croquette. Fry for 5 minutes. Let sit for 2 $\,$

minutes.
PAN FRY: In a skillet pan, preheat over medium high.
heat. Use enough oil to cover the bottom of the pan. Fry
croquettes for 6 minutes. Let sit for 2 minutes.
*Minimum internal temperature should be 158 degrees
F. Do not fry more than 4 at a time

Product Specifications

Brand Manufacturer El Sembrador Oliva Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
099336003182	10252	36540	10099336003189		12/9.6 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8.7lb	7.2lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
13.88in	7.75in	4.63in	0.29ft3	14x13	405days	-5°F / -2°F





El Sembrador

36540 - Ham Croquettes



Ham-filled croquettes, a classic Spanish tapas dish. Deep-fried breaded rolls with a savory ham filling. Pre-cooked, ready in minutes, frozen for your convenience.

Nutrition Analysis - By Measure

Calories	130	Total Fat	6g	Sodium	390mg
Protein	6	Trans Fats	0g	Calcium	57mg
Total Carbohydrates	14g	Saturated Fat	1.5g	Iron	1.2mg
Sugars	3g	Added Sugars	3g	Potassium	152mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose	Monounsaturated Fa			Phosphorus	
Sucrose		Cholesterol	10mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium	Magnesium Vitamin B-6			Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images					

