



Gourmet Kitchen

461070 - Fire Roasted Vegetable Empanada

Fire roasted tomatoes, onions, black beans and jalapeno peppers combined with cheddar and Pepper Jack cheeses, packed into our homemade empanada dough. Deep fry at 350 for 3-4 minutes.



Nutrition Facts

Servings per Container 25  
Serving size 100grams (4EA)

Amount per serving  
Calories 270

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 1000mg	43%
Total Carbohydrate 43g	16%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 310mg	25%
Iron 2.6mg	15%
Potassium 110mg	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.

Benefits

Fire roasted tomatoes, onions, black beans and jalapeno peppers combined with cheddar and Pepper Jack cheeses, packed into our homemade empanada dough.

Ingredients

EMPANADA DOUGH INGREDIENTS: FLOUR (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), WATER, DOUGH CONDITIONER (whey [milk], corn flour, monocalcium phosphate, L-cysteine hydrochloride, potassium bromate), BUTTER (cream, salt), SHORTENING (palm oil) and/or SHORTENING (soybean oil, hydrogenated soybean oil, hydrogenated cottonseed oil), SUGAR, SALT (salt, sodium silicoaluminate, dextrose, potassium iodide), BAKING POWDER (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), INGREDIENTS: WATER, BLACK BEANS (black beans, water, salt, calcium chloride, and ferrous gluconate), CORN (corn, water, sugar, salt), SALSA (crushed tomato [water, crushed tomato concentrate], water, fresh jalapeno peppers, fresh onions, distilled vinegar, dehydrated onions, salt, dehydrated garlic, natural flavoring), CHEDDAR CHEESE (pasteurized milk, cheese culture, salt, enzymes and annatto [vegetable color] if colored, potato starch and powdered cellulose added to prevent caking) PEPPER JACK CHEESE (pasteurized cultured milk, salt, enzymes, peppers, potato and corn starch [anticaking agents], natamycin (a natural mold inhibitor)), GREEN BELL PEPPERS, RED BELL PEPPERS, COOKED WHITE RICE (long grain parboiled rice, enriched with iron [ferric phosphate, thiamine mononitrate and folic acid]), JALAPENO PEPPERS (jalapeno peppers, water, vinegar and salt), CORN STARCH, SALT (salt, sodium silicoaluminate, dextrose, potassium iodide), GARLIC POWDER, CILANTRO, CUMIN SEED, BLACK PEPPER.

Allergens

Contains:

milk soy wheat

Free From:

crustaceans eggs fish peanuts  
sesame tree nuts

Handling Suggestions

See label for suggestions

Serving Suggestions

See label for suggestions

Prep & Cooking Suggestions

See label for suggestions

Product Specifications

Brand	Manufacturer
Gourmet Kitchen	Gourmet Kitchen Inc

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	I1070	461070	00691503000903		100/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.25lb	6.25lb	United States		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.25in	14in	5in	0.54ft3	9x12	475days	-5°F / -2°F





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Nutrition Analysis - By Measure

Calories	270	Total Fat	7g	Sodium	1000mg
Protein	8	Trans Fats	0g	Calcium	310mg
Total Carbohydrates...	43g	Saturated Fat	3.5g	Iron	2.6mg
Sugars	1g	Added Sugars	0g	Potassium	110mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15mg		
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	

Additional Images

