



Kabobs

# 87172 - Ropa Vieja Chicken Empanada

Chicken Ropa Vieja Empanada



### \* Benefits

Shredded chicken breast, mixed with tomatoes, onions, garlic, Manzanilla Olives, wrapped in an arepa flour empanada pastry.

## Nutrition Facts

Servings per Container **33**  
Serving size **3.0EA (3EA)**

Amount per serving  
**Calories 220**

	% Daily Value*
<b>Total Fat</b> 11g	<b>16%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 6mg	<b>0%</b>
Iron 8mg	<b>44%</b>
Potassium 0mg	<b>0%</b>

\* 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

Bleached enriched wheat flour, water, cream cheese, margarine, maseca corn flour, dry whole egg, filling: chicken meat trim, tomato puree, monterey jack cheese, roasted red bell peppers, manzanilla olives, onions, half and half, green onion, water, spices, salt, chicken base, minced garlic, lime juice, modified corn starch, soybean oil, red crushed pepper, chili pepper, bleached enriched wheat flour

### ⚠ Allergens

#### Contains:



#### Free From:



### Handling Suggestions

See label for suggestions

### Serving Suggestions

See label for suggestions

### Prep & Cooking Suggestions

See label for suggestions

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Kabobs	Kabobs	Appetizers

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
004537871720	K7172	87172	00745378717203		100/0.95 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.19lb	5.94lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.5in	9.25in	4.72in	0.42ft3	10x11	269days	-2°F / -5°F



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## Nutrition Analysis - By Measure

Calories	220	Total Fat	11g	Sodium	220mg
Protein	8	Trans Fats		Calcium	6mg
Total Carbohydrates...	23g	Saturated Fat	3g	Iron	8mg
Sugars	1g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	1g	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

