



Nata Pura  
983771 - Pastel De Nata Mixed Berries

Pastel de Nata, a tasty and iconic Portuguese pastry. Made with natural, familiar, simple ingredients that are easy to recognize, with no artificial ingredients or synthetic chemicals.



Nutrition Facts

Servings per Container	4
Serving size	1.0PC (1H87)
Amount per serving	
Calories	187
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 5.5g	28%
Trans Fat 0g	
Cholesterol 62mg	21%
Sodium 122mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	3%
Total Sugars 9g	
Includes 8g Added Sugar	%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 372mg	29%
Iron 6.4mg	38%
Potassium 768mg	22%

\* 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

Invented by monks more than 300 years ago, the pastel de natal is the Portuguese pastry icon. All our nata brands combines tradition and innovation, respecting the original recipe and beginnings. Our nata is the most international awarded nata in the world.

Ingredients

INGREDIENTS  
Custard (50%): MILK (35%), sugar, EGG yolk (9%), WHEAT flour (GLUTEN) and corn starch.  
Dough (36%): WHEAT flour (GLUTEN), margarine [(vegetable oils (sunflower)and vegetable fats (palm, coconut), water, emulsifier (mono and diglycerides of fatty acids E471, sunflower lecithin E322), acidity regulator (citric acid E330), colour (carotenes E160ai)], water and salt. Mixed Berries (14%): Redcurrant and blackcurrant.  
CONTAIN: MILK, EGG and GLUTEN. MAY CONTAIN: SOY and NUTS.

Allergens

Contains:

eggs milk wheat

Free From:

crustaceans fish peanuts sesame  
soy tree nuts

Handling Suggestions

It is a pre-baked product and should be kept at a frozen temperature (at -4F) during storage and transportation until preparation of it begins. UNIT UPC: 5600241424686

Serving Suggestions

Our nata goes well with a coffee or any other hot beverage. It can also be served as a morning or afternoon snack or even as a dessert.

Prep & Cooking Suggestions

Pre heat the oven at 450 F, use ventilation if available; Take the natas out of the freezer, without defrosting; Set the timer for 10 min (it can go up to 12 min depending on the oven). When the filling starts to rise you will know they are ready; Take the natas out of the oven. Let them cool for 5 to 10 min before serving; Consume within 48 hours.

Product Specifications

Brand			Manufacturer			
Nata Pura			BY FOODS			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
5600241424686	RPecMMB240	983771	15600241424539		14/240 GR	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
8.6lb	7.4lb	Portugal	No			
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.4in	6.4in	9.5in	0.44ft3	21x7	310days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories	187	Total Fat	10g	Sodium	122mg
Protein	3	Trans Fats	0g	Calcium	372mg
Total Carbohydrates...	21g	Saturated Fat	5.5g	Iron	6.4mg
Sugars	9g	Added Sugars	8g	Potassium	768mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	62mg		
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

