

**PRODUCT:**

FROZEN SPINACH & CHEESE FLOUR EMPANADAS

**INGREDIENTS:**

**Dough:** Enriched bleached wheat flour, water, vegetable oil shortening, salt, sugar, sodium benzoate.  
**Filling:** Chopped Spinach, mozzarella cheese, margarine, modified food starch, monosodium glutamate, garlic, onion, oregano, parsley and basil.  
**Contains:** Wheat, soy and milk.

**COOKING INSTRUCTIONS:**

For food safety and quality, thoroughly cook before eating and promptly refrigerate leftovers.

**DEEP FRYER:**

1. Thaw product overnight in refrigerator before cooking. Do not refreeze uncooked product.
2. In large skillet or saucepan, heat about ½ inch oil to 350 OF, on medium-high heat.
3. Fry a few pieces of product at a time for 7 to 11 minutes, turning several times, until golden brown color is obtained in the surface and the center is thoroughly cooked until reach an internal temperature of 165 OF. (Do not overcrowd product. Adjust heat as necessary to maintain oil temperature).

**NUTRITION FACTS**

<b>Nutrition Facts/Datos de Nutrición</b>	
10 Servings Per Container/10 Raciones Por Envase	
Serving Size/Tamaño Ración 1 empanada (114g/4oz)	
Amount per serving/Cantidad por ración	
<b>Calories/Calorías</b>	<b>280</b>
%Daily Value*/% Valor Diario*	
<b>Total Fat/Grasa Total</b> 15g	<b>19%</b>
Saturated Fat/Grasa Saturada 5g	<b>25%</b>
Trans Fat/Grasa Trans 0g	
<b>Cholesterol/Colesterol</b> 10mg	<b>3%</b>
<b>Sodium/Sodio</b> 580mg	<b>25%</b>
<b>Total Carbohydrate/Carbohidratos Totales</b> 28g	<b>10%</b>
Dietary Fiber/Fibra Dietética 2g	<b>7%</b>
Total Sugars/ Total Azúcares 1g	
Includes 0g Added Sugars/ Incluye 0g de Azúcares Añadidos	<b>0%</b>
<b>Protein/Proteína</b> 10g	
Vitamin D/Vitamina D 0mcg	<b>0%</b>
Calcium/Calcio 193mg	<b>15%</b>
Iron/Hierro 2mg	<b>11%</b>
Potassium/Potasio 120mg	<b>3%</b>

\* The Percent 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.  
 \* El Porcentaje de Valor Diario (VD) indica cuanta cantidad de un nutriente en una ración de alimento contribuye a una dieta diaria, 2,000 calorías al día se utilizan para el consejo general de nutrición.

**SPECIFICATIONS**

Shelf life	9 months
Storage temperature	Frozen at 0°C / 32°F
Storage conditions	Keep frozen

**PACKAGING**



**PRODUCT**



**PACKAGING INFORMATION**

Carton Box (Dimensions)	Length	Width	Height
	14.38"	7.75"	2.25"
Carton cube:	0.13 ft3 / 0.004 m3	PACK SIZE	
		Units per box	10
		Unit weight (oz)	4
		Case net weight (lb)	2.5
STOWAGE			
FLOOR LOADED		PALLETIZED	
Base (Ti)		Pallet base (Ti)	15
High (Hi)		Pallet high (Hi)	25
Total		Total boxes per pallet	375
Rows		Total boxes per container	7500
Total boxes per container			