



MANUFACTURED BY:
 PAPAREPA
 FROZEN FOODS
 MIAMI, FL

PLANT:
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COLOMBIAN BRAND CHEESE EMPANADA

EMPANADA COLOMBIANA DE QUESO



50
 UNITS
 8.8 lb
 approx

FILLING

Cheese (Pasteurized Milk, Cheese Cultures, Salt and enzymes) Water, Rice, Margarine (Liquid and partially hydrogenated Soy Bean water, Salt Soy Lecithin, Vegetables Mono and Diglycerides, Sodium Benzoate A preservative) Citric Acid, Natural and artificial flavor, Beta Carotene color, Vitamin A Palmite added, Contain: Soybean.

DOUGH

Water, Yellow Corn, Yellow Corn Meal, Refined Soy Bean Oil, Tapioca starch, Salt.

Nutrition Facts

50 servings per container
Servings size 1 empanada (70g)

Amount per serving
Calories 190

Calories from Fat 90

		% Daily Value*
Total Fat 10g		16%
Saturated Fat 4.5g		23%
Trans Fat 0g		
Cholesterol 20mg		7%
Sodium 360mg		15%
Total Carbohydrate 18g		6%
Dietary Fiber 3g		11%
Total Sugars 3g		
Protein 8g		
Vitamin A 4%	•	Vitamin C 0%
Calcium 15%	•	Iron 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. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	20g	300g
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



COOKING INSTRUCTION

Deep fry at minimum 350 degrees for approximately 6 to 7 minutes to a minimum internal temperature of 165°F is reached.



KEEP FROZEN

COOK THOROUGHLY

MADE IN USA

