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 PAPAREPA  
 FROZEN FOODS  
 MIAMI, FL

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# ARGENTINIAN BRAND CHICKEN EMPANADA

EMPANADA ARGENTINA DE POLLO



**20**  
**UNITS**  
 3.97 lb  
 approx

## FILLING

Chicken Breast, TVP (Soy flour), Onions, Peppers, Garlic, Soybean oil, Complete Seasoning (Salt, Garlic, Powder, Sugar, Spices, Citric Acid, Silicon Dioxide) Salt, Spices.

Contains: Wheat, Eggs, Soy.

## Nutrition Facts

20 servings per container

**Servings size 1 empanada (90g)**

Amount per serving

**Calories 160**

% Daily Value\*

<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0.5mg	2%
Potassium 154mg	4%

\*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.



## COOKING INSTRUCTION

Baked to a minimum internal temperature of 165°F is reached.



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