



**MANUFACTURED BY:**  
 PAPAREPA  
 FROZEN FOODS  
 MIAMI, FL

**PLANT:**  
 7360 NW 35 AVE  
 MIAMI, FL 33147  
 786.615.8295

**SALES:**  
 786.229.4671  
 786.486.2683

# COLOMBIAN BRAND CHICKEN EMPANADA

EMPANADA COLOMBIANA DE POLLO



**25**  
**UNITS**  
 4.7 lb  
 approx

## FILLING

Potatoes (Potatoes, Palm oil, Dextrosa, Sodium Acid Pyrophosphate to promote color retention) Chicken Breasts, Complete seasoning, (Dehydrated vegetables, Garlic, Onion, Salt, Monosodium glutamate, Spices, Herbs and Tricalcium Phosphate)(to prevent caking), Chicken Flavor (Salt, Maltodextrin (from Corn), Sugar, Destroxe, Cornstsrch, Hydrogenated Soybean and/or Cottonseed Oil, Onion powder, Rendered Chicken Fact, Natural flavoring, Monosodium inosinate and Disodium Guanylate) Black Pepper, Cumin, Salt, Yellow color, (Yellow corn flour, FD&C Yellow #5, Spices, Extractives of Annatto, FD&C Red #40

## DOUGH

Water, Yellow Corn, Yellow Corn Meal, Refined Soy Bean Oil, Tapioca Starch, Salt

## Nutrition Facts

25 servings per container  
**Servings size 1 empanada (70g)**

Amount per serving  
**Calories 130**

**Calories from Fat 40**

	% Daily Value*	
<b>Total Fat</b> 4.5g		<b>7%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 5mg		<b>2%</b>
<b>Sodium</b> 340mg		<b>14%</b>
<b>Total Carbohydrate</b> 18g		<b>6%</b>
Dietary Fiber 3g		<b>12%</b>
Total Sugars 3g		
<b>Protein</b> 5g		
Vitamin A 0%	•	Vitamin C 2%
Calcium 0%	•	Iron 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. 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	300g	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.



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