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 PAPAREPA
 FROZEN FOODS
 MIAMI, FL

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VENEZUELAN BRAND BEEF EMPANADA

EMPANADA VENEZOLANA DE CARNE



30
UNITS
 9.4 lb approx

INGREDIENTS

White Cheese (Pasteurized milk, Salt, Calcium chloride and enzymes) Sour tapioca starch. Tapioca flour, Eggs, Sugar, Margerine (Vegetable oil blend (Palm oil and soybean oil), Water, Salt, Contains less 2% Soy lecithin, Vegetable mono and diglycerides, Potassium sorbate, (preservative). Citric acid, Natural and artificial flavor, Beta Coretene (color). Vitamin A palmitate added, Whey), Milk (Vitamin D3), Corn starch.

Contains: Milk, Eggs and Soybean.

Nutrition Facts

30 servings per container
Servings size 1 empanada (100g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 350mg	15%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 6g added Sugars	12%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 105mg	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.



COOKING INSTRUCTION

Defrost in refrigerator
 Fry 375° degrees for 5-8 minutes
 Let stand for 1 minute



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