



MANUFACTURED BY:
 PAPAREPA
 FROZEN FOODS
 MIAMI, FL

PLANT:
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COLOMBIAN BRAND BEEF EMPANADA

EMPANADA COLOMBIANA DE CARNE



25
UNITS
 4.6 lb
 approx

FILLING

Potatoes (Palm Oil, Dextrose, Sodium, Acid Pyrophosphate to maintain color), Beef, Complete Seasoning, (Dehydrated Vegetables, Garlic, Onion, Salt, Monosodium Glutamate, Spices, Herbs and Tricalcium Phosphateto to prevent caking), 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*	
Total Fat	4.5g		10%
Saturated Fat	1g		6%
Trans Fat	0g		
Cholesterol	5mg		1%
Sodium	330mg		14%
Total Carbohydrate	18g		6%
Dietary Fiber	3g		13%
Total Sugars	3g		
Protein	3g		
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	20g	25g
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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