

# NUTRITIONAL FACTS

## Chicken Empanada

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 piece (142g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 240mg	6%
<small>* 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.</small>	

INGREDIENTS: FILLING: CHICKEN, CUSTOM TAPAS (YLD:150) (WHOLEGRAIN HEAT FLOUR, MALTED BARLEY FLOUR, WATER, VEGETABLE SHORTENING (PALM OIL, COTTONSEED OIL, SOYBEAN OIL, SUNFLOWER OIL), SALT), CABBAGE, RED PEPPER, ONIONS, POTATOES, PLUM TOMATOES, WATER, SALT, CANOLA OIL, BLACK PEPPER, THYME

CONTAINS: WHEAT, SOY

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: MILK, EGG, WHEAT, SOY

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## Veggie Empanada

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 piece (113g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.4mg	8%
Potassium 170mg	4%
<small>* 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.</small>	

INGREDIENTS: INGREDIENTS: DOUGH: WHEAT FLOUR, MALTED BARLEY FLOUR, WATER, VEGETABLE SHORTENING (PALM OIL, COTTONSEED OIL, SOYBEAN OIL, SUNFLOWER OIL), SALT. FILLING: CABBAGE, ONIONS, CARROTS, CORN, RED PEPPER, SALT, OREGANO, THYME, GARLIC, CRUSHED, BLACK PEPPER, PAPRIKA, CUMIN, CANOLA OIL

CONTAINS: WHEAT, SOY

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: MILK, EGG, WHEAT, SOY

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