

NUTRITIONAL FACTS

THE PERFECT GOURMET

1.5-oz S'mores Empanadas

THE PERFECT
Gourmet

S'mores Empanadas 18 pieces

Conventional Oven: Cook from Frozen, Preheat oven to 375°F. Place on cooking sheet, 1/4" apart. Bake for 14 - 17 minutes from frozen until internal temperature reaches 150°F.

**Ovens vary, adjust cooking times accordingly.*

INGREDIENTS: FILLING: Marshmallow Cream (corn syrup, sugar, water, egg whites, cream of tartar, xanthan gum), Cocoa Drops (sugar, hydrogenated palm kernel oil, cocoa, cocoa processed with alkali, salt, sunflower lecithin), Marshmallows (corn syrup, sugar, food starch-modified, water, gelatin), Graham Cracker Crumbs (whole wheat flour, enriched flour [wheat, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], sugar, canola oil, molasses, honey, corn syrup, and contains 2% or less of leavening [baking soda, sodium acid pyrophosphate, monocalcium phosphate], salt, soy lecithin).

PASTRY: Wheat Flour, Shortening (partially hydrogenated soybean oil and cottonseed oils), Water, Sugar, Salt.

CONTAINS: Eggs, Wheat, Soy.

Nutrition Facts	
9 servings per container	
Serving size 2 Pieces (85g)	
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 11g	53%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 300mg	13%
Total Carbohydrate 43g	16%
Dietary Fiber 1g	3%
Total Sugars 17g	
Includes 5g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.7mg	10%
Potassium 50mg	2%

*The % Daily Value 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.

KEEP FROZEN

Net Weight 26 ozs.

Manufactured for The Perfect Gourmet, Towson, Maryland 21204 • www.theperfectgourmet.com