ITEM # MAS028 | UPC 085246300805 | DOT Code: 813952



Chicken & Vegetables Mini Empanadas

Filled with chicken, riced cauliflower, water, carrots, red pepper, onion, and potatoes.

Ingredients: dough: enriched Unbleached flour (wheat flour, Malted barley flour, niacin, iron, Thiamine, riboflavin, folic acid), water, Canola oil, salt, distilled vinegar. Filling: chicken, riced cauliflower, Water, carrots, red pepper, onion, Potatoes, tomato paste (tomatoes, Citric acid), potato flakes (potatoes), Less than 2% of: garlic, canola oil, Salt, chicken base (roasted chicken Meat, salt, chicken fat, dextrose, sugar, Natural flavoring, chicken broth, Turmeric), paprika, cumin, black Pepper, oregano, thyme.

Contains: Wheat.

Nutrition Facts

About 2 servings per container
Serving size 4 empanadas (106g)

	Per serving	Per container
Calories	**200**	**400**
	% DV*	% DV*
Total Fat 4.5g	6%	9g 12%
Saturated Fat 0g	0%	1g 5%
Trans Fat 0g		0g
Cholesterol 15mg	5%	25mg 8%
Sodium 440mg	19%	880mg 38%
Total Carb. 32g	12%	63g 23%
Dietary Fiber 2g	7%	4g 14%
Total Sugars 1g		3g
Incl. Added Sugars 0g	0%	0g 0%
Protein 7g		14g
Vitamin D 0mcg	0%	0mcg 0%
Calcium 20mg	2%	30mg 2%
Iron 2mg	10%	4mg 20%
Potassium 170mg	4%	330mg 8%

* 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.

MASPANADAS