ITEM # MAS071 | UPC 0852463008723



Chicken Tinga Empanada Poppers

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

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, potatoes, potato flakes, onion, tomato paste (tomatoes, citric acid), bamboo fiber, garlic, sea salt, chicken base (roasted chicken, salt, yeast extract, natural flavors, tumeric), paprika, black pepper.

Contains: Wheat.

Nutrition Facts

About 3 servings per container

Serving size 4 poppers (85g)

	Per serving	Per container
Calories	**160**	**470**
	% DV*	% DV*
Total Fat 3g	4%	9g 12%
Saturated Fat 0g	0%	1g 5%
Trans Fat 0g		0g
Cholesterol 10mg	3%	35mg 12%
Sodium 350mg	15%	1060mg 46%
Total Carb. 25g	9%	74g 27%
Dietary Fiber 2g	7%	5g 18%
Total Sugars <1g		2g
Incl. Added Sugars 0g	0%	0g 0%
Protein 7g		21g
Vitamin D 0mcg	0%	0mcg 0%
Calcium 10mg	0%	30mg 2%
Iron 1.5mg	8%	4.6mg 25%
Potassium 170mg	4%	500mg 10%

* 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.

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