ITEM # MAS033 | UPC 085246300843 | DOT Code: 813954



Veggie Mini Empanadas

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

Ingredients: Dough: Enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine riboflavin, folic acid.) water, canola oil, salt, distilled vinegar. Filling: Carrots, corn, riced cauliflower, red pepper, onion, water, bamboo fiber, canola oil, salt, garlic, thyme, paprika, oregano, black pepper.

Contains: Wheat.

Nutrition Facts

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

	Per serving		Per container	
Calories	**180**		**360**	
		% DV*		% DV*
Total Fat 4.5g		6%	9g	12%
Saturated Fat 0g		0%	0.5g	3%
Trans Fat 0g			0g	
Cholesterol 0mg		0%	0mg	0%
Sodium 380mg		17%	770mg	33%
Total Carb. 31g		11%	63g	23%
Dietary Fiber 3g		11%	6g	21%
Total Sugars 2g			4g	
Incl. Added Sugars 0g		0%	0g	0%
Protein 4g			9g	
Vitamin D 0mcg		0%	0mcg	0%
Calcium 20mg		2%	30mg	2%
Iron 2mg		10%	4mg	20%
Potassium 140mg		2%	280mg	6%

* 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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