

PASTELON EMPANADA



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Nutrition Facts

Serving Size (127g)
Servings Per Container 1

Amount Per Serving

Calories 33

% Daily Value *

Total Fat 17.3g **27%**

Saturated Fat 4.9g **25%**

Trans Fat 0g

Cholesterol 26mg **9%**

Sodium 358mg **9%**

Total Carbohydrates 29g **10%**

Dietary Fiber 2.9g **12%**

Sugars 0.51g

Protein 17.2g

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | | Calories | 2,000 | 2,500 |
|--------------------|-----------|----------|--------|-------|
| Total Fat | Less than | 65g | 80g | |
| Sat Fat | Less than | 20g | 25g | |
| Cholesterol | Less than | 300mg | 300mg | |
| Sodium | Less than | 2400mg | 2400mg | |
| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

Components: 2M/MA, 2G | Portion Size: 1 empanada, 4.5oz | Shelf Life: 6 months frozen



INGREDIENTS

Ground Beef, Adobo Conchita Seasoning Blend (salt, oregano, onion powder, garlic powder, syloid annato & spices) Cheddar Cheese, Plantains, Tomato Puree (tomatoes, water), Garlic, Soybean Oil, Onions, Sweet Green Peppers, Salt, TWP, Spices (dried coriander leaf, cumin seed, paprika, black pepper), Sugar, Wheat Flour, Enriched White Flour.



HEATING INSTRUCTIONS

Always cook product from frozen state.

Conventional Oven 475: Bake in a single layer for 13-15 min.

Convection Oven 475: Bake in a single layer for 12-14 min.



ALLERGIES

Contains Wheat



CASE SIZE

Net Weight - 13.5 lbs / 48 (4.5 oz portions)

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