



# 002-060

## Rico Cuban Croquettes – Ham

### Nutrition Facts

10 servings per container  
Serving size 4 Croquettes (125g)

Amount Per Serving

**Calories 320**

% Daily Value\*

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 800mg	<b>35%</b>
<b>Total Carbohydrate</b> 52g	<b>19%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0.2mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 2.3mg	<b>15%</b>
Potassium 120mg	<b>2%</b>

\* 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.

### Ingredients

**Breading Ingredients:** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), water, high fructose corn syrup, yeast, salt, vegetable oil (soybean, cottonseed, and/or canola), sugar, may contain 2% or less of the following: wheat gluten, dextrose, soy flour, whey, calcium propionate (preservative), sodium stearoyl lactylate (dough conditioner), mono- and diglycerides, soy lecithin, molasses, honey, whole wheat flour, corn flour, cornmeal, citric acid, grain vinegar, wheat starch, corn starch, potato flour, rice flour, wheat bran, oat fiber, calcium sulfate, datem, potassium iodate, guar gum, calcium phosphate, enrichment (vitamin e acetate, vitamin a palmitate, vitamin d3), lactic acid, ascorbic acid (dough conditioner), spice and coloring, natural and artificial flavor, sesame seeds, batter mix (yellow corn flour, bleached wheat flour, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, guar gum, nonfat milk, spices, eggs), spices.

**Filling Ingredients:** Water, potato flakes (potatoes, emulsifier mono- and diglycerides of fatty acids [e471] derived from rapeseed oil, antioxidants ascorbic acid [e300] and citric acid [e330]), pork (cured with water, salt, vinegar, dextrose, potassium chloride, sodium phosphate, sodium erythorbate, sodium nitrate), bleached wheat flour, corn starch, onions, margarine (vegetable oils [canola, cottonseed, and/or soybean], palm and palm kernel oils, water, salt, soy lecithin [emulsifier], sodium benzoate [preservative], mono- and diglycerides, mixed tocopherols, ascorbic acid, citric acid [antioxidants], artificial flavor, vitamin A palmitate, beta carotene [color]), sazón with culantro and achiote (soy, monosodium glutamate, garlic, tricalcium phosphate, onion, coriander, oregano, black pepper, annatto, paprika, spices, soybean oil, fd&c yellow #5, fd&c yellow #6, fd&c red #40), garlic, salt, red pepper, black pepper.

### Allergen Information

Wheat, Soy, Milk, Eggs, Sesame Seeds.

### Specifications

UPC	Unit Wt.	Size	Case	Pack
45364-83010	1.0 oz	Regular	1	40

### Case Dimensions

Length	Width	Height	Cube	Net Weight	Gross Weight
10.0"	06.0"	03.0"	0.104	40 oz (2.5 lb)	64 oz (4.0 lb)

### Pallet Dimensions

Pallet Tier	Pallet Height	Pallet Count
26	13	338

### Pick-ups

Pick-ups by appointment only with temperature controlled refer trucks only.

### Company Information

**Manufacturer:** Caribbean Breeze Frozen Foods, Corp.  
**Address:** 207 Hanover Street, Pemberton, NJ 08068  
**Contact:** ph-609-894-2363  
**E-mail:** sales@CBFFoods.com  
**Website:** www.CaribbeanBreezeFoods.com



### Cooking Instructions

For Food Safety and Quality follow these Cooking Instructions: Fully thaw prior to cooking. Pre-heat enough oil to fully cover product. Deep fry at 350 F until golden brown. Minimum internal temperature reached should be at 166 F as measured with a food thermometer. Let stand for 2 minutes.

### Lot Number Breakdown

07      04      26  
 Month   Day   Year  
 Production date plus 1 year