

# Nutrition Facts

Serving Size 1 EMPANADA (85g)  
Serving Per Container 24

Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 440mg	<b>18%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
Protein 8g	<b>16%</b>
Vitamin A	<b>4%</b>
Calcium	<b>8%</b>
Iron	<b>8%</b>

\* Percent Daily Values based on a 2,000 Calorie Diet

## INGREDIENTS

Ingredients: Wheat flour (enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Cooked chicken (white chicken meat, dark meat chicken, water, modified food starch, salt, sodium phosphate), Processed cheddar cheese blend (water, cheddar cheese [cultured pasteurized milk, salt, enzymes], modified food starch, palm oil, sodium phosphate, skim milk, salt, annatto [colour]), Vegetable oil (soybean and/or canola and/or palm and/or corn oil), Low moisture mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes), Batter mix (yellow corn flour, enriched bleached wheat flour, [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], dried garlic, dried onion, guar gum, spice), Onion, Chipotle puree (water, vinegar, chipotle jalapeno, tomato paste, dried red chile peppers, garlic powder, onion powder, salt and spices), Modified corn starch, Salt, Dextrose, Lactic acid (with calcium lactate), Granulated garlic, Paprika, Spices, Guar gum, Glucono-delta-lactone, Sodium metabisulphites. Contains: Wheat, milk.