

Nutrition Facts

24 servings per container

Serving size 1 Empanada (113g)

Amount Per Serving

Calories **240**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 520mg **23%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.8mg 10%

Potassium 210mg 4%

* 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.

DOUGH:YELLOW PRE – COOKED CORN MEAL (Niacin, Iron, Riboflavin, Thiamine, and Folic Acid), Water, Soybean Oil, Salt, Egg Shade Color (Water, FD&C Yellow #5, FD&C Yellow #6, Sodium Benzoate & Potassium Sorbate (Preservative), FD&C Red # 40.)

FILLING:CHICKEN, Diced Potatoes (White Potatoes, Water, Salt, Calcium Chloride, Calcium Disodium EDTA Added to Promote Color Retention), Tomato Paste (Tomato Pulp, Citric Acid), Sofrito (Peppers, Water, Salt, Soybean Oil, Garlic, Monosodium Glutamate, Cilantro, Citric Acid, Recao, Xanthan Gum, Oregano, Spices, Sodium Benzoate (Preservative)), Potato Flakes (Potatoes, Mono & Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Water, Garlic, Egg Shade Color (Water, FD&C Yellow #5, FD&C Yellow #6, Sodium Benzoate & Potassium Sorbate (Preservative), FD&C Red # 40), Adobo with Pepper (Salt, Garlic, Tricalcium Phosphate, Onion, Black Pepper, Turmeric, Oregano, Paprika, Cumin, Spices, Soybean Oil)

CONTAINS: SOY