



PRODUCED IN A NUT



FREE FACILITY



BLACK BEAN CHEESE & SALSA EMPANADAS

BULK HEAT AND SERVE

Tia Maria is a brand of Bagelinos LLC

Nutrition Facts	
about 45 servings per container	
Serving size 1 Empanada (155g)	
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 9g	11 %
Saturated Fat 3g	15 %
Trans Fat 0g	
Cholesterol 15mg	5 %
Sodium 330mg	15 %
Total Carbohydrate 64g	23 %
Dietary Fiber 6g	22 %
Total Sugars <1g	
Includes 0g Added Sugars	0 %
Protein 14g	
Vitamin D 0.4mcg	2 %
Calcium 140mg	10 %
Iron 2.3mg	15 %
Potassium 380mg	8 %
*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.	

HEATING INSTRUCTIONS:

Place frozen empanada on a sheet pan and heat in oven at 375°F for 12-18 minutes or until internal temperature of the products reaches 165°F measured by a calibrated food thermometer.



General Specifications

Code # 45-9204

Pack: 45/5.41 OZ

Shelf Life: 365 days frozen.

Status: 2 Weeks Order



MEAL CONTRIBUTION:

1 Empanada provides

2.0 OZ M/MA &

2.75 OZ-EQ Grains

Protein Content: 12g

Ingredients: Black Beans (Black Beans, Water, Salt, Calcium Chloride, Ferrous Gluconate), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, Annatto (Color), Potato Starch, Corn Starch, Dextrose, Calcium Sulfate Added to Prevent Caking), Water, Cut Corn, Potatoes (Dextrose, Disodium Pyrophosphate (Added To Maintain Color) Potassium Sorbate (Added To Maintain Freshness)), Salsa (Tomato Pure (Water, Tomato paste), Tomatoes, Peppers, Vinegar, Dehydrated Onion, Salt, Jalapeño Peppers, Dehydrated Garlic, Citric Acid, Cilantro, Red Pepper), Canola Oil, Pea Protein, Chipotle Peppers (Tomato, Water , Onion, Soybean Oil, Sugar, Iodized Salt, Vinegar, Garlic, Paprika and Spices), Garlic Powder, Salt, Cumin, Black Peppers, Paprika, Cayenne Peppers.

Crust: Corn Masa, Water, Enriched Degermed Yellow Cornmeal (Degerminate) Yellow Cornmeal, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin and Folic Acid), Garlic Powder, Salt, Soy Oil.

ALLERGENS: Contains Soy & Milk.

Case Specifications

Dimensions: 11.5 X 9 3/8 X 8 1/2

Per Pallet: 112 CASES / 5,040 UNITS

Case Weight: 15.21 LBs

Tier x Height: 16 x 7

Storage: Keep Frozen