



Tia Maria is a brand of Bagelinos LLC

BAKED CHICKEN EMPANADAS

HEAT AND SERVE

Nutrition Facts	
24 servings per container	
Serving size	1 Empanada (113g)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 450mg	20%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium 0mg	0%
Vitamin A	6%
Vitamin C	15%
*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:

For best results Thaw Empanadas.

Place Empanada on a sheet pan and heat at 375°F for 8-10 minutes or until internal temperature of the products reaches 165°F measured by a calibrated food thermometer.



General Specifications

Code # B24-3102

Pack: 24/3.75 OZ

Kosher: No

Shelf Life: 365 days frozen.

10 Days Shelf Life When stored at 40F or Below

Status: 2 Weeks Order 1 PALLET MINIMUM

INGREDIENTS:

Filling: Chicken (Chicken White and Dark Meat, Water, Sea Salt), Potatoes, Onions, Red Peppers, Green Peppers, Green Peas, Brown Rice, Water, Chipotle Peppers (Chipotle Pepper, Tomato, Water, Onions, Soybean Oil, Sugar, Iodized Salt, Vinegar, Garlic, Paprika, Spices), Garlic Powder, Kosher Salt, Cumin, Black Peppers, Paprika, Cayenne Peppers, Canola Oil. Contains: Soy.

Crust: Flour 0000 (Wheat), Water, Margarine (Interesterified Palm Oil, Water, Refined Soybean Oil, Salt, Mono & Diglycerides, Potassium Sorbate, Citric Acid, Bht, Natural Butter Flavor, Turmeric and Annatto Color), Salt, Preservative: Calcium Propionate, Preservative: Potassium Sorbate, Acidifier: Citric Acid. Egg Wash. Contains Wheat.

ALLERGENS: Wheat, Eggs, Soy.

Case Specifications

Dimensions: 14 X 12.5 X 3

Per Pallet: 180 CASES / 4320 UNITS

Case Weight: 5.625 Lbs.

Tier x Height: 9 x 20

Pack: 24 Empanadas, 3.75 OZ each

Storage: Keep Frozen

