

# Chicken Empanadas

00854232005834



GLUTEN FREE



MADE FROM CORN



GTIN NUMBER	DESCRIPTION	Case Net Weight (lb.)	Case Gross Weight (lb.)	Case Cube ft <sup>3</sup>	Case Dimensions Inches (L X W X H)	Pi x Hi	Case Pack (# pcs)	Servings Case Pack	Servings Size (Oz)
00854232005834	D'Gusto Chicken empanadas (2.2 oz) 100 Pk	13.75	14.782	0.807	15.5 x 10 X 9	12 x 7 = 84	100	50	4.4



GO TEXAN.



Nutrition and quality, all in one bite!

## Nutrition Facts

Serving Size 2 piece (125g)  
Servings Per Container 50

Amount Per Serving  
**Calories 250**

	%Daily Value*
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 470 mg	<b>20%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 6g	<b>21%</b>
Sugar 0g	
Includes 0g added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mg	<b>0%</b>
Calcium 23mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 150mg	<b>4%</b>

\*The % Daily Value 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.

Calories per gram:  
Fat 9 Carbohydrate 4 Protein 4

## CORN DOUGH DARK MEAT CHICKEN EMPANADA

**INGREDIENTS:** Cooked Corn (Corn Flour, Salt, Fresh Garlic), Dark Meat Chicken, Water, Green Bell Peppers, Red Bell Peppers, Fresh Onions, Fresh Tomatoes, Spices, Cooked Potatoes, Cooked Rice, Corn Oil, Salt, Garlic, Paprika. Pre-fried in vegetable oil blend (soybean, canola and corn).

**Cooking instructions:**  
(Cook to internal temperature of 165 °F).

**Frying instructions:**  
Heat oil to 350 °F and fry from frozen cook for 5-6 minutes depending of the amount to be fried.

**Baking instructions:**  
Preheat oven to 350 °F. Place the empanadas on a baking sheet. Bake time depends on type of oven.

**Combi Oven:** 12 minutes aprox.

**Convection Oven:** 15-18 minutes, (depending on the amount to be heated).

**Standard Oven:** 20-25 minutes, (depending on amount to be heated)

**Instrucciones para cocinar:**  
(Cocinar a temperatura interna de 165 °F)

**Instrucciones para freír:**  
Calentar el aceite a una temperatura de 350 °F y freír las empanadas de 5-7 minutos dependiendo de la cantidad.

**Instrucciones para hornear:**  
Precalentar el horno a 350 °F. Colocar las empanadas en una bandeja de metal y hornear de 15 a 25 minutos dependiendo de la cantidad.

### HANDLING INSTRUCTIONS:

Keep product frozen. Cook thoroughly. Due to oven variations, cooking may require adjustments.

### Safe Handling Instructions

This product was prepared from inspected and passed and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

Keep refrigerated or frozen.  
Thaw in refrigerator or microwave.

Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.

Cook thoroughly.

Keep hot foods hot. Refrigerate leftovers immediately or discard.

Cook to an internal temperature of 145 degrees Fahrenheit as measured by a food thermometer and allow to rest for 3 minutes before serving.



00854232005834

DISTRIBUTED BY:  
VESAR FOODS, LLC  
BROOKSHIRE, TEXAS 77423

WWW.DGUSTOFOODS.COM 100 UNITS CASE NET WT 13.75 LB