



MARKETING

BLACK BEAN EMPANADA 3 OZ In house cooked black beans mixed with corn, onions, garlic, jalapeno and Jamaican inspired seasonings with shredded Jack cheese folded into our home made short dough crust Selling Unit CS Pack Size 64EA CS

Nutrition Facts

64 Servings per container

Serving Size3.07 OZ

Amount Per ServingCalories260

% Daily Value*

Total Fat 17 g22%

Saturated Fat 8 g40%

Trans Fat 0 g

Cholesterol 20 mg7%

Sodium 350 mg15%

Total Carbohydrates 22 g8%

Dietary Fiber 2 g7%

Total Sugars 1 g

Includes 0 g Added Sugars0%

Protein 5 g

Vitamin D 0 mcg0%

Calcium 54 mg4%

Iron 1 mg6%

Potassium 115 mg2%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description		
28512		00850047475183		64/3 OZ		
Brand		Brand Owner		GPC Description		
Gourmet Foods Llc		Gourmet Foods LLC.		Pies/Pastries/Pizzas/Quiches - Savoury (Perishable)		
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin	Kosher	Child Nutrition
13 LBR	12 LBR	No		United States	Undeclared	No
Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.438 INH	10 INH	6.75 INH	0.64 FTQ	10x10	351 Days	-5 FAH / -2.5 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
N/A		N/A	N/A		N/A	

HANDLING SUGGESTIONS

KEEP FROZEN AT 0 F OR BELOW AT ALL TIMES-

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; INII = 'Intentionally nor Inherently Included' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

Milk - C

Eggs - C

Soybean - N

Wheat - C

Sesame - N

Molluscs - N

Peanuts - N

Tree - N

Fish - N

Shellfish - N

Crustaceans - N

INGREDIENTS

INGREDIENTS: WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SHORTENING (PALM OIL), BUTTER (CREAM (MILK), NATURAL FLAVOR (LACTIC ACID)), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE (ADDED TO PREVENT CAKING)), BLACK BEANS, ONIONS, EXPELLER PRESSED CANOLA OIL, BELL PEPPERS, BREAD CRUMBS (UNBLEACHED WHEAT FLOUR, CANE SUGAR, YEAST, SEA SALT), EGG WHITES, GARLIC, CILANTRO, EGGS, SEA SALT, TAMARIND JUICE CONCENTRATE (TAMARIND. PRODUCED IN A FACILITY THAT USES MILK, TREE NUTS, PEANUTS, SOY, EGGS, WHEAT), CORN, VEGETABLE EXTRACT (ONION, LEEK, CELERIAC, CELERY, CARROT, TOMATO, POTATO, PARSLEY, GARLIC, BAY LEAF, ROSEMARY EXTRACT), LEMON JUICE, JALAPENOS, SPICES, GINGER, CORNSTARCH, SUGAR, TABASCO PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), THYME, DRIED PASILLA PEPPER, ANCHO CHILI PEPPERS, XANTHAN GUM, CHIPOTLE CHILI POWDER (SMOKED JALAPENO), BAY LEAVES GROUND (100% BAY LEAVES), ANNATTO SOLUTION, CHILI DE ARBOL.

285120 - Black Bean Empanada

BLACK BEAN EMPANADA, MADE WITH CAGE-FREE EGGS AND UNBLEACHED FLOWER, CLEAN LABEL INGREDIENTS



PREPARATION & COOKING SUGGESTIONS

REMOVE EMPANADAS FROM FREEZER AND PLACE THEM ON SHEETPAN WITH PARCHMENT PAPER. (HOLD PREHEAT THE OVEN TO 375 F AND PLACE THE EMPANADAS IN THE OVEN AT 350F FOR 25-30 MIN (UNTIL THEY REACH AN INTERNAL TEMP.OF 165F) REMOVE THE SHEETPAN FROM THE OVEN AND LET THEM REST FOR A FEW MINUTES BEFORE SERVING. BON APPETITE BON APPETITE

SERVING SUGGESTIONS

HAND HELD MEAL OR SNACK FOR BREAKF LUNCH AND DINNER

MORE INFORMATION