

SPINACH EMPANADA

CODE. 6017




PRODUCT DESCRIPTION

6017 SPINACH EMPANADA

3 month since elaboration date, in storage at 0°F (-18°C).


PRESENTATION


 Sizes
Dimensions:
12.5" L x 10.5" W
x 8.5" H
Case Weight: 10lb
Content: 50 units

 Unit weight:
3.2 oz

BAKING PARAMETERS

 Thaw: Time: 5 - 10 min.

 Preheat the oven at: 450°F
Bake at: 450°F

 Paint with egg.: Yes
Baking time: 8 - 11 min.

INGREDIENTS

Ingredients: Filling : Spinach, Fresh Onion, Cheese (whole milk low moisture cheese, contains rice flour and cellulose powder to prevent caking, natamycin, Butter (pasteurized cream, natural flavorings, Salt, Pepper. Crust (unbleached wheat flour, water, lard and salt.

Nutrition Facts	
Serving size (100g)	
Amount Per Serving	
Calories 200	Calories from Fat 80
%Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 670mg	28%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Total Sugars 5g	
Protein 7g	
Vitamin A 230%	Vitamin C 0%
Calcium 15%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily may be higher or lower depending on your calories needs:	
Total Fat	Calories: 2,000 2,500
Sat Fat	Less than 65g 80g
Cholesterol	Less than 20g 25g
Sodium	Less than 300mg 300mg
Total Carb	Less than 2,400mg 2,400mg
Dietary Fiber	300g 375g
	25g 30g