

# El Monterey® Apple Pie Empanadas 3 oz (with sleeves)

Product # 00147

Perfect for a snack, breakfast or any time consumers are looking for a sweet treat. The light and flaky crust is filled with cinnamon and apples for a winning, classic combo.

- No condiments needed — ideal for C-stores, foodservice, cafeterias or catering
- Crafted with a deliciously flaky crust
- Perfect for a grab-and-go snack, dessert, breakfast or meal
- 24 serving sleeves provided in every case
- Serve from a warming display case or warming tray
- Ready in minutes from standard oven types like conventional, convection or deep fryer
- El Monterey® Empanadas stay deliciously crispy for up to 4 hours in a warming unit.
- Shelf-life guidelines: Frozen — 455 days at or below 10° F, Refrigerated — 6 days at or below 40° F
- Case Pack Info: 24 Empanadas per case (3 packs of 8, 3 oz. each)



## Ingredients

Ingredients: Apples (with salt, ascorbic acid, citric acid), Wheat flour (enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Vegetable oil (soybean and/or canola, palm and/or corn oil), Sugars (sugar, sucralose), Batter mix (enriched wheat flour [enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], corn flour, dextrose, corn starch, sugar, tapioca dextrin, eggs, skimmed milk, salt, leavening [sodium aluminum phosphate, sodium bicarbonate], modified corn starch, natural and artificial flavours, spice, sucralose, guar gum, spice extractive), Apple juice concentrate, Modified food starch, Lemon juice (filtered water, lemon juice concentrate, sodium benzoate and sodium bisulfite as preservatives), Salt, Artificial vanilla flavour (water, propylene glycol, caramel colour, artificial flavour), Cinnamon, Guar gum, Dough conditioners (guar gum, modified potato starch, sodium metabisulphite). Contains: Wheat, milk, egg.

## Shelf Life

Frozen: 455 days AT OR BELOW 10° F; Refrigerated: 3 days AT OR BELOW 40° F

|                     |                    |
|---------------------|--------------------|
| Case Pack           | 3/8/3 oz           |
| Net Case WT (lbs)   | 4.5                |
| Gross Case WT (lbs) | 5.08               |
| Case Cube           | 0.37               |
| Case Dimensions     | 8.5 x 8 x 9.38     |
| Tier and High       | 26 x 5             |
| Cases per Pallet    | 130                |
| Sell Unit UPC       |                    |
| Master Case UPC     | 1 00 71007 00147 5 |

## Nutrition Facts

Serving Size 1 Empanada (85g)  
Serving Per Container 24

| Amount Per Serving |         |
|--------------------|---------|
| Calories           | 180     |
| % Daily Value*     |         |
| Total Fat          | 6g8%    |
| Saturated Fat      | 1.5g%   |
| Trans Fat          | 0g      |
| Cholesterol        | 0mg0%   |
| Sodium             | 135mg6% |
| Total Carbohydrate | 29g11%  |
| Dietary Fiber      | 1g4%    |
| Sugars             | 8g      |
| Protein            | 3g      |
| Calcium            | 9g%     |
| Iron               | 7g      |
| Potassium          | 2%      |

\* Percent Daily Values based on a 2,000 Calorie Diet

# Cooking Instructions

## Other

EMPANADAS ARE COOK AND SERVE PRODUCTS AND SHOULD BE COOKED TO AN INTERNAL TEMPERATURE THAT REACHES OR EXCEEDS 165° F. EQUIPMENT PERFORMANCE MAY VARY. ADJUST TIME AND TEMPERATURE ACCORDINGLY.

## Fry From Thawed

PREHEAT OIL IN FRYER TO 375° F

PLACE 4 THAWED EMPANADAS IN FRY BASKET.

PLACE LOADED FRY BASKET INTO PREHEATED OIL AND USE A BASKET LID TO PREVENT EMPANADAS FROM FLOATING.

THAWED: FRY FOR 2 MINUTES 10 SECONDS

LET REST FOR 2 MINUTE BEFORE SERVING

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

\*CAUTION: PRODUCT MAY BE HOT.\*

## Conventional Oven From Frozen

PREHEAT OVEN TO 400° F

PLACE 6 EMPANADAS ON A COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER.

FROZEN: COOK FOR 7 MINUTES 30 SECONDS, FLIP AND BAKE FOR ADDITIONAL 7 MINUTES 30 SECONDS

LET REST FOR 2 MINUTE BEFORE SERVING

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

\*CAUTION: PRODUCT MAY BE HOT.\*

## Conventional Oven From Thawed

PREHEAT OVEN TO 400° F

PLACE 6 EMPANADAS ON A COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER.

FROZEN: COOK FOR 5 MINUTES 30 SECONDS, FLIP AND BAKE FOR ADDITIONAL 5 MINUTES 30 SECONDS

LET REST FOR 2 MINUTE BEFORE SERVING

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

\*CAUTION: PRODUCT MAY BE HOT.\*

## Convection Oven From Frozen

PREHEAT OVEN TO 350° F- HIGH FAN

PLACE 6 EMPANADAS ON A COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER.

FROZEN: COOK FOR 6 MINUTES, FLIP AND BAKE FOR ADDITIONAL 6 MINUTES

LET REST FOR 2 MINUTE BEFORE SERVING

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

\*CAUTION: PRODUCT MAY BE HOT.\*

## Convection Oven From Thawed

PREHEAT OVEN TO 350° F- HIGH FAN

PLACE 6 EMPANADAS ON A COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER.

FROZEN: COOK FOR 4 MINUTES, FLIP AND BAKE FOR ADDITIONAL 4 MINUTES

LET REST FOR 2 MINUTE BEFORE SERVING

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

\*CAUTION: PRODUCT MAY BE HOT.\*

## **Other**

MERRYCHEF E4S

SETTINGS: PRE-HEAT TO 475°F, FAN%: 100, WAV%: 60

PLACE 3 EMPANADAS ON COOKING SHEET LINED WITH PARCHMENT PAPER. USE SCREEN MESH TO COVER EMPANADAS

FROZEN: COOK FOR 2 MINUTES

LET REST FOR 1 MINUTE BEFORE SERVING.

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

\*CAUTION: PRODUCT MAY BE HOT.\*

MERRYCHEF E4S

SETTINGS: PRE-HEAT TO 475°F, FAN%: 100, WAV%: 40

PLACE 3 EMPANADAS ON COOKING SHEET LINED WITH PARCHMENT PAPER. USE SCREEN MESH TO COVER EMPANADAS

THAWED: COOK FOR 1 MINUTE 45 SECONDS

LET REST FOR 1 MINUTE BEFORE SERVING.

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

\*CAUTION: PRODUCT MAY BE HOT.\*

## **Turbo Chef From Frozen**

TURBOCHEF i3

SETTINGS: PRE-HEAT TO 500°F, TIME%: 100, TOP%: 90, BOT%: 90, WAV%: 50

PLACE 3 EMPANADAS ON COOKING SHEET LINED WITH PARCHMENT PAPER. USE SCREEN MESH TO COVER EMPANADAS

FROZEN: COOK FOR 2 MINUTES 10 SECONDS

LET REST FOR 1 MINUTE BEFORE SERVING.

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

\*CAUTION: PRODUCT MAY BE HOT.\*

## **Turbo Chef From Refrigerated**

TURBOCHEF i3

SETTINGS: PRE-HEAT TO 500°F, TIME%: 100, TOP%: 100, BOT%: 100, WAV%: 10

PLACE 3 EMPANADAS ON COOKING SHEET LINED WITH PARCHMENT PAPER. USE SCREEN MESH TO COVER EMPANADAS

THAWED: COOK FOR 2 MINUTE 50 SECONDS

LET REST FOR 1 MINUTE BEFORE SERVING.

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

\*CAUTION: PRODUCT MAY BE HOT.\*

## **Turbo Chef From Frozen**

TURBOCHEF ENCORE 2

SETTINGS: PRE-HEAT TO 500°F

EVENT: 1, TIME%: 100, AIR%: 100, WAV%: 50

PLACE 3 EMPANADAS ON COOKING SHEET LINED WITH PARCHMENT PAPER. USE SCREEN MESH TO COVER EMPANADAS

FROZEN: COOK FOR 1 MINUTE 38 SECONDS

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

LET REST FOR 1 MINUTE BEFORE SERVING.

\*CAUTION: PRODUCT MAY BE HOT.\*

## **Turbo Chef From Refrigerated**

TURBOCHEF ENCORE 2

SETTINGS: PRE-HEAT TO 500°F

EVENT: 1, TIME%: 100, AIR%: 100, WAV%: 5

PLACE 3 EMPANADAS ON COOKING SHEET LINED WITH PARCHMENT PAPER. USE SCREEN MESH TO COVER EMPANADAS

THAWED: COOK FOR 2 MINUTE 50 SECONDS

LET REST FOR 1 MINUTE BEFORE SERVING.

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

\*CAUTION: PRODUCT MAY BE HOT.\*