



# AM & PM Empanadas (With Sleeves) Nutritional Information

## Egg, Sausage, Cheese & Potato (With Sleeves)

<b>Nutrition Facts</b>	
Serving Size 1 EMPANADA (85g) Servings Per Container 24	
Amount Per Serving	
<b>Calories 220</b>	Calories from Fat 110
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 7g</b>	
Vitamin A 2% • Vitamin C 2%	
Calcium 6% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SCRAMBLED EGGS, (PASTEURIZED WHOLE EGGS, NON FAT MILK, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, XANTHAN GUM, CITRIC ACID, BUTTER FLAVOR (MALTODEXTRIN, NATURAL BUTTER FLAVOR, ANNATTO AND TURMERIC (ADDED FOR COLOR)), SPICE), PORK SAUSAGE (PORK, WATER, SALT, SPICES, CORN SYRUP SOLIDS, SUGAR, AUTOLYZED YEAST EXTRACT, SPICE EXTRACTIVE), VEGETABLE OIL (SOYBEAN, CANOLA, PALM AND/OR CORN OIL), CHEESE SAUCE (WATER, CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], MODIFIED CORN STARCH, SOYBEAN AND/OR CANOLA OIL, WHEY, XANTHAN GUM, NONFAT DRY MILK, SALT, SODIUM PHOSPHATE, BUTTER OIL, SUGAR, YEAST EXTRACT, PAPRIKA AND ANNATTO [COLOR], NATURAL FLAVORS), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR), POTATOES (WITH SEA SALT, CANOLA OIL), BATTER MIX (ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, CORN STARCH, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), METHYLCELLULOSE, ONION POWDER, GARLIC POWDER, SPICE), GREEN CHILIES (WITH CITRIC ACID), CONTAINS 2% OR LESS TOMATOES (WITH JUICE, CITRIC ACID, CALCIUM CHLORIDE), JALAPENO PUREE (JALAPENO PEPPERS, SALT, ACETIC ACID), MODIFIED CORN STARCH, DEXTROSE, MODIFIED FOOD STARCH, SALT, YEAST, GRANULATED GARLIC, LACTIC ACID, SPICE, GUAR GUM, SODIUM METABISULFITE.

**CONTAINS: EGG, WHEAT, MILK.**

## Beef & Cheese (With Sleeves)

<b>Nutrition Facts</b>	
Serving Size 1 EMPANADA (85g) Servings Per Container 24	
Amount Per Serving	
<b>Calories 240</b>	Calories from Fat 130
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein 8g</b>	
Vitamin A 6% • Vitamin C 2%	
Calcium 10% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEASONED BEEF TOPPING (BEEF, WATER, DEHYDRATED ONION, SALT, CHILI PEPPER, SPICES, SUGAR, SODIUM PHOSPHATE, GARLIC), MONTEREY JACK CHEESE WITH PEPPERS (PASTEURIZED MILK, JALAPENO PEPPERS, CHEESE CULTURES, SALT, ACETIC ACID, CALCIUM CHLORIDE, ENZYMES), LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), VEGETABLE OIL (SOYBEAN, CANOLA, PALM AND/OR CORN OIL), BATTER MIX (YELLOW CORN FLOUR, ENRICHED BLEACHED WHEAT FLOUR, (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DRIED GARLIC, DRIED ONION, GUAR GUM, SPICE), CONTAINS 2% OR LESS ONION, MODIFIED CORN STARCH, JALAPENO PEPPERS (WITH SALT, ACETIC ACID, CALCIUM CHLORIDE), CHILI PEPPER, DEXTROSE, MODIFIED FOOD STARCH, YEAST, SALT, SPICES, LACTIC ACID (WITH CALCIUM LACTATE), GRANULATED GARLIC, GUAR GUM, SODIUM METABISULFITE.

**CONTAINS: WHEAT, MILK.**

## Chicken & Cheese (With Sleeves)

<b>Nutrition Facts</b>	
Serving Size 1 EMPANADA (85g) Servings Per Container 24	
Amount Per Serving	
<b>Calories 220</b>	Calories from Fat 100
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein 9g</b>	<b>18%</b>
Vitamin A 4% • Vitamin C 0%	
Calcium 10% • Iron 6%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COOKED CHICKEN (WHITE CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATE), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR), VEGETABLE OIL (SOYBEAN, CANOLA, PALM AND/OR CORN OIL), LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), BATTER MIX (YELLOW CORN FLOUR, ENRICHED BLEACHED WHEAT FLOUR, (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DRIED GARLIC, DRIED ONION, GUAR GUM, SPICE), CONTAINS 2% OR LESS ONION, CHIPOTLE PUREE (WATER, VINEGAR, CHIPOTLE JALAPENO, TOMATO PASTE, DRIED RED CHILE PEPPERS, GARLIC POWDER, ONION POWDER, SALT AND SPICES), MODIFIED CORN STARCH, SALT, DEXTROSE, MODIFIED FOOD STARCH, LACTIC ACID (WITH CALCIUM LACTATE), GRANULATED GARLIC, PAPRIKA, YEAST, SPICES, GUAR GUM, GLUCONO-DELTA-LACTONE, SODIUM METABISULFITE.

**CONTAINS: WHEAT, MILK.**



# AM & PM Empanadas (Without Sleeves) Nutritional Information

## Egg, Bacon, Cheese & Potato (Without Sleeves)

Nutrition Facts	
Serving Size 1 EMPANADA (85g) Servings Per Container 24	
Amount Per Serving	
<b>Calories 230</b>	Calories from Fat 110
% Daily Value*	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 450mg</b>	<b>19%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 8g</b>	
Vitamin A 4% • Vitamin C 2%	
Calcium 10% • Iron 8%	

**INGREDIENTS:** WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SCRAMBLED EGG PRODUCT (LIQUID WHOLE EGG, SKIM MILK, SOYBEAN OIL, MODIFIED CORNSTARCH, SALT, XANTHAN GUM, CITRIC ACID, BUTTER FLAVOUR [MALTODEXTRIN, NATURAL BUTTER FLAVOUR, ANNATTO AND TURMERIC], SPICES), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR CORN), CHEDDAR CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), MONTEREY JACK CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), POTATOES (POTATOES, SEA SALT, CANOLA OIL), CHEESE SAUCE (WATER, CHEDDAR CHEESE [MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYMES, ANNATTO COLOR], MODIFIED CORNSTARCH, CREAM CHEESE [PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN, AND/OR LOCUST BEAN AND/OR GUAR GUMS)]), SOYBEAN AND/OR CANOLA OIL, PARTLY SKIMMED MILK POWDER, WHEY, SODIUM PHOSPHATE, SALT, CORNSTARCH, LACTIC ACID, CELLULOSE AND/OR XANTHAN GUM, BUTTER OIL, SUGAR, YEAST EXTRACT, PAPRIKA EXTRACT [COLOUR], NATURAL FLAVOURS, ANNATTO EXTRACT (COLOUR), BACON (PORK, WATER, SALT, SUGAR, SMOKE FLAVOUR, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE, SMOKE), TOMATOES (WITH TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), BATTER MIX (ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, CORNSTARCH, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), METHYLCELLULOSE, ONION POWDER, GARLIC POWDER, SPICES), JALAPENO PEPPERS (WITH SALT, ACETIC ACID, WATER, CALCIUM CHLORIDE), MODIFIED CORNSTARCH, DEXTROSE, JALAPENO PUREE (JALAPENO PEPPERS, SALT, ACETIC ACID), MODIFIED POTATO STARCH, SALT, YEAST, GRANULATED GARLIC, LACTIC ACID, SPICES, GUAR GUM, SODIUM METABISULPHITE.

**CONTAINS: WHEAT, MILK, EGG.**

## Egg, Sausage, Cheese & Potato (Without Sleeves)

Nutrition Facts	
Serving Size 1 EMPANADA (85g) Servings Per Container 24	
Amount Per Serving	
<b>Calories 220</b>	Calories from Fat 110
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 7g</b>	
Vitamin A 2% • Vitamin C 2%	
Calcium 6% • Iron 8%	

**INGREDIENTS:** WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SCRAMBLED EGG PRODUCT (LIQUID WHOLE EGG, SKIM MILK, SOYBEAN OIL, MODIFIED CORNSTARCH, SALT, XANTHAN GUM, CITRIC ACID, BUTTER FLAVOUR [MALTODEXTRIN, NATURAL BUTTER FLAVOUR, ANNATTO AND TURMERIC], SPICES), PORK SAUSAGE (PORK, WATER, SALT, SPICES, CORN SYRUP SOLIDS, SUGAR, AUTOLYZED YEAST EXTRACT, SPICE EXTRACTS), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR CORN), CHEESE SAUCE (WATER, CHEDDAR CHEESE [MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYMES, ANNATTO COLOR], MODIFIED CORNSTARCH, CREAM CHEESE [PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN, AND/OR LOCUST BEAN AND/OR GUAR GUMS)]), SOYBEAN AND/OR CANOLA OIL, PARTLY SKIMMED MILK POWDER, WHEY, SODIUM PHOSPHATE, SALT, CORNSTARCH, LACTIC ACID, CELLULOSE AND/OR XANTHAN GUM, BUTTER OIL, SUGAR, YEAST EXTRACT, PAPRIKA EXTRACT [COLOUR], NATURAL FLAVOURS, ANNATTO EXTRACT (COLOUR), CHEDDAR CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), POTATOES (POTATOES, SEA SALT, CANOLA OIL), BATTER MIX (ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, CORN STARCH, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), METHYLCELLULOSE, ONION POWDER, GARLIC POWDER, SPICES), GREEN CHILE PEPPERS (WITH CITRIC ACID), TOMATOES (WITH TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), JALAPENO PUREE (JALAPENO PEPPERS, SALT, ACETIC ACID), MODIFIED CORNSTARCH, DEXTROSE, MODIFIED CORNSTARCH, SALT, YEAST, GRANULATED GARLIC, LACTIC ACID, SPICE, GUAR GUM, SODIUM METABISULPHITE.

**CONTAINS: WHEAT, MILK, EGG.**

## Beef & Cheese (Without Sleeves)

Nutrition Facts	
Serving Size 1 EMPANADA (85g) Servings Per Container 24	
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Sugars 0g	
<b>Protein 8g</b>	
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**INGREDIENTS:** WATER, WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEASONED BEEF TOPPING (BEEF, WATER, DEHYDRATED ONION, SALT, CHILLI PEPPER, SPICES, SUGAR, SODIUM PHOSPHATE, GARLIC), LOW MOISTURE MOZZARELLA CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), MONTEREY JACK CHEESE WITH MILD JALAPENOS (MILK, JALAPENO PEPPERS, BACTERIAL CULTURE, SALT, ACETIC ACID, CALCIUM CHLORIDE, MICROBIAL ENZYME), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR PALM AND/OR CORN), BATTER MIX (YELLOW CORN FLOUR, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DRIED GARLIC, DRIED ONION, GUAR GUM, SPICES), ONION, MODIFIED CORNSTARCH, JALAPENO PEPPERS (WITH SALT, ACETIC ACID, CALCIUM CHLORIDE), CHILLI PEPPER, DEXTROSE, MODIFIED POTATO STARCH, YEAST, SALT, SPICES, LACTIC ACID (WITH CALCIUM LACTATE), GRANULATED GARLIC, GUAR GUM, SODIUM METABISULPHITE.

**CONTAINS: WHEAT, MILK.**

## Chicken & Cheese (Without Sleeves)

Nutrition Facts	
Serving Size 1 EMPANADA (85g) Servings Per Container 24	
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% Daily Value*	
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<b>Protein 9g</b>	<b>18%</b>
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Calcium 10% • Iron 6%	

**INGREDIENTS:** WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COOK CHICKEN (WHITE CHICKEN MEAT, WATER, RICE STARCH, SALT, SODIUM PHOSPHATE), CHEDDAR CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME, ANNATTO), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR PALM AND/OR CORN), LOW MOISTURE MOZZARELLA CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), BATTER MIX (YELLOW CORN FLOUR, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DRIED GARLIC, DRIED ONION, GUAR GUM, SPICES), ONION, CHIPOTLE PUREE (WATER, VINEGAR, CHIPOTLE JALAPENO PEPPERS, TOMATO PASTE, DRIED RED CHILE PEPPERS, GARLIC POWDER, ONION POWDER, SALT, SPICES), MODIFIED CORNSTARCH, SALT, SPICES, DEXTROSE, MODIFIED POTATO STARCH, LACTIC ACID (WITH CALCIUM LACTATE), GRANULATED GARLIC, YEAST, GUAR GUM, GLUCONO-DELTA-LACTONE, SODIUM METABISULPHITE.

**CONTAINS: WHEAT, MILK.**