



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	
Calories 230	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 490mg	20%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 7g	
Vitamin A 4%	Vitamin C 2%
Calcium 10%	Iron 8%

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

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 ENZYME, ANNATTO), MODIFIED CORNSTARCH, CREAM CHEESE PRODUCT (MILK, CREAM, BACTERIAL CULTURE, SALT, XANTHAN AND/OR LOCUST BEAN AND/OR GUAR GUMS), CANOLA OIL, PARTLY SKIMMED MILK POWDER, WHEY, SODIUM PHOSPHATE, SALT, CORNSTARCH, LACTIC ACID, CELLULOSE GUM, BUTTER OIL, SUGAR, YEAST EXTRACT, PAPRIKA EXTRACT, NATURAL FLAVOURS, ANNATTO EXTRACT], 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: EGG, WHEAT, MILK.

Egg, Sausage, Cheese & Potato (Without Sleeves)

Nutrition Facts	
Serving Size 1 EMPANADA (85g) Servings Per Container 24	
Amount Per Serving	
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% Daily Value*	
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Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 400mg	17%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	
Vitamin A 2%	Vitamin C 4%
Calcium 6%	Iron 8%

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

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 ENZYME, ANNATTO), MODIFIED CORNSTARCH, CREAM CHEESE PRODUCT (MILK, CREAM, BACTERIAL CULTURE, SALT, XANTHAN AND/OR LOCUST BEAN AND/OR GUAR GUMS), CANOLA OIL, PARTLY SKIMMED MILK POWDER, WHEY, SODIUM PHOSPHATE, SALT, CORNSTARCH, LACTIC ACID, CELLULOSE GUM, BUTTER OIL, SUGAR, YEAST EXTRACT, PAPRIKA EXTRACT, NATURAL FLAVOURS, ANNATTO EXTRACT], 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: EGG, WHEAT, MILK.

Beef & Cheese (Without Sleeves)

Nutrition Facts	
Serving Size 1 EMPANADA (85g) Servings Per Container 24	
Amount Per Serving	
Calories 240	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 360mg	15%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 8g	
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, 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, GRANULATED GARLIC, GUAR GUM, SODIUM METABISULPHITE.

CONTAINS: WHEAT, MILK.

Chicken & Cheese (Without Sleeves)

Nutrition Facts	
Serving Size 1 EMPANADA (85g) Servings Per Container 24	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 330mg	14%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 9g	
Vitamin A 6%	Vitamin C 0%
Calcium 10%	Iron 8%

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

INGREDIENTS: WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CHARBROILED SEASONED CHICKEN BREAST (CHICKEN BREAST, 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, GRANULATED GARLIC, YEAST, GUAR GUM, SODIUM METABISULPHITE.

CONTAINS: WHEAT, MILK.



AM & PM Empanadas (With Sleeves) Nutritional Information

Egg, Bacon, Cheese & Potato (With Sleeves)

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Amount Per Serving	
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% Daily Value*	
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Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 7g	
Vitamin A 4% • Vitamin C 2%	
Calcium 10% • 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, NONFAT MILK, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, XANTHAN GUM, CITRIC ACID, BUTTER FLAVOR (MALTODEXTRIN, NATURAL BUTTER FLAVOR, ANNATTO AND TURMERIC (ADDED FOR COLOR)), SPICE AND/OR LIQUID PEPPER EXTRACT), VEGETABLE OIL (SOYBEAN, CANOLA, PALM AND/OR CORN OIL), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), POTATOES (WITH SEA SALT, CANOLA OIL), CHEESE SAUCE (WATER, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR), MODIFIED CORN STARCH, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN, LOCUST BEAN AND/OR GUAR GUMS)), CANOLA OIL, CONTAINS LESS THAN 2% OF NONFAT DRY MILK, WHEY, SODIUM PHOSPHATE, SALT, CORN STARCH, LACTIC ACID, CELLULOSE GUM, BUTTER OIL, SUGAR, YEAST EXTRACT, PAPRIKA EXTRACT (COLOR), NATURAL FLAVORS, ANNATTO EXTRACT (COLOR), BACON (CURED WITH WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE), TOMATOES (WITH JUICE, CITRIC ACID, CALCIUM CHLORIDE), 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), JALAPENO PEPPERS (WITH SALT, ACETIC ACID, WATER, CALCIUM CHLORIDE), CONTAINS 2% OR LESS MODIFIED CORN STARCH, DEXTROSE, JALAPENO PUREE (JALAPENO PEPPERS, SALT, ACETIC ACID), MODIFIED FOOD STARCH, SALT, YEAST, GRANULATED GARLIC, LACTIC ACID, GUAR GUM, SPICES, SODIUM METABISULFITE.

CONTAINS: EGG, WHEAT, MILK.

Egg, Sausage, Cheese & Potato (With Sleeves)

Nutrition Facts	
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Amount Per Serving	
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Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	
Vitamin A 2% • Vitamin C 4%	
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, ANNATTO COLOR), MODIFIED CORN STARCH, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN, LOCUST BEAN AND/OR GUAR GUMS)), CANOLA OIL, CONTAINS LESS THAN 2% OF NONFAT DRY MILK, WHEY, SODIUM PHOSPHATE, SALT, CORN STARCH, LACTIC ACID, CELLULOSE GUM, BUTTER OIL, SUGAR, YEAST EXTRACT, PAPRIKA EXTRACT (COLOR), NATURAL FLAVORS, ANNATTO EXTRACT (COLOR), 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)

Nutrition Facts	
Serving Size 1 EMPANADA (85g)	
Servings Per Container 24	
Amount Per Serving	
Calories 240	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
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Sodium 360mg	15%
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Dietary Fiber 1g	4%
Sugars 0g	
Protein 8g	
Vitamin A 6% • Vitamin C 2%	
Calcium 10% • Iron 8%	

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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)

Nutrition Facts	
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Amount Per Serving	
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Sugars 0g	
Protein 9g	
Vitamin A 6% • Vitamin C 0%	
Calcium 10% • 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, CHARBROILED WHITE CHICKEN (WHITE CHICKEN MEAT, WATER, RICE 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.