

# Beef Empanadas RES

Empanadas Para Freír  
**KEEP FROZEN**

**Ingredients:** Filling: Halal Beef, Potatoes, Carrots, Onions, Peppers, Garlic, Adobo (Salt, Monosodium Glutamate, Granulated Garlic, Granulated Onion, Tricalcium Phosphate (Anti-Caking), oregano), Rojon (Red Annatto) (Corn Flour, Spices, Yellow #6 Lake, Yellow #5, Red #40, Annatto, Not More than 1% of vegetable oil), Chicken Base (Salt, Dextrose, Corn Flour, Monosodium Glutamate, Soybean Oil, Hydrolyzed Corn Protein with safflower, Onion Powder, Turmeric, Garlic Powder), Oregano, Bay Leaves, Lime Juice.  
Dough: Wheat flour, water, palm oil, (malted, barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid).

**CONTAINS: WHEAT**

## Cooking Instructions:

1. Turn on the deep fryer, put in enough oil and allow it to preheat to 350 F.
2. Remove the empanadas from the box and place into the fryer basket.
3. Lower basket into the deep fryer and cook for 4-7 minutes until an internal temperature of at least 165F.

**Net Weight: 5 lbs 25oz (84 oz)**

Manufactured by: Pikalo Bakery Inc  
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Yonkers, NY 10705  
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## Nutrition Facts

25 Servings per container

Serving Size 1 Empanada (92g)

Amount per serving

**Calories 310**

% Daily Value\*

Total Fat 12g 18%

Saturated Fat 9g 40%

Trans Fat 0g

Cholesterol 25mg 12%

Sodium 510mg 20%

Total Carbohydrate 36g 12%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g added sugars 0%

Protein 14g

Vitamin D 0mcg 0%

Calcium 320mg 2%

Iron 0mg 6%

Potassium 0mg 4%

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

## Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen. Thaw in refrigerator or microwave.

Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry. Cook thoroughly.

Keep hot foods hot. Refrigerate leftovers immediately or discard.

