MANTIJA

Traditional beef filled phyllo dough dumplings.

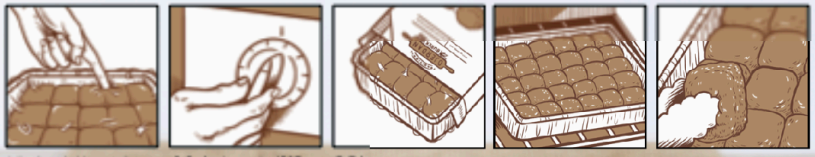
KEEP FROZEN

MANTIJA

TRADITIONAL DJERDAN BUREK

Traditional beef filled phyllo dough dumplings.

BAKING INSTRUCTIONS



1. For best baking results, leave the mantija out in the plastic wrapper, until the phyllo dough is soft to the touch.
2. Preheat oven to 450F.
3. Take mantija out of the packaging.
4. Remove the Plastic wrapper and Bake the Mantija Pie for about 35-40 min or until golden in color.
5. Take the pie out and check to make sure that the bottom is also golden in color, if not put back in lowest part of oven and bake for another 5 min.

SERVING SUGGESTION

Nutrition Facts

6 servings per container

Serving size 5 pcs (104g)

Amount Per Serving

Calories 270

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 650mg	28%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	36%
Vitamin D 0.4mcg	2%
Calcium 55mg	4%
Iron 3.2mg	20%
Potassium 180mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: **Flour** (Wheat Flour, Melted Barley Flour), **Beef, Onions, Soybean Oil, Panko Bread Crumbs** (Bleached wheat Flour, Dextrose, Yeast, Salt.), **Water, Butter** (Pasteurized Cream), **Vegeta Seasoning** (Salt, Dehydrated vegetables (Carrot, Parsnip, Onion, Celery, Potato, Parsley Leaves), Monosodium Glutamate, Sugar, Cornstarch, Black Pepper, Nutmeg, Disodium Inosinate, Riboflavin(color).), **Salt, Black Pepper, Corn Starch.**

Contains: Soy, Wheat, Milk

COMMENTS?

www.djerdan.com
1-888-GO-BUREK

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TRADITIONAL DJERDAN BUREK

BEEF MANTIJA

TRADITIONAL DJERDAN BUREK

PRODUCED & PACKAGED IN THE USA

MANTIJA

(MANTI BÖREK WITH BEEF)

Traditional beef filled phyllo dough dumplings.

Beef

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE

OVEN 45 Minutes BAKE

KEEP FROZEN

SERVING SUGGESTION. BAKE PRIOR TO EATING.

Net Wt. 22 oz (1 lbs 6 oz) 624 g

BEEF MANTIJA

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MANTIJA

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