



Whole Grain Rice, Bean & Cheese Empanada



BRAND:	Chow & Ciao		
SKU/UPC:	CWGRBCEIW80 / 658448235258 CWGRBCE80 / 658448235135		
CASE COUNT:	IW	Bulk	80
MASTER PACK:	Case		
NET CASE WEIGHT:	320 oz. (20 lb.)		
GROSS CASE WEIGHT:	22.35 lb.		
PALLET PATTERN TxH:	7x9 (63 cases/pallet)		
SERVING SIZE:	1 Empanada / 4 oz.		
SERVINGS PER CASE:	80		
SHELF FROM MANUFACTURER:	547 Days		
STORAGE METHOD:	KEEP FROZEN		
CASE DIMENSIONS:	20Lx13.5Wx6.75H		

NATIONAL SCHOOL LUNCH PROGRAM

M/MA	GRAIN	VEG/FRUIT CUPS
2	2.25	-



Nutrition Facts

80 servings per container
Serving size
1 Empanada 4 oz.
(113g)

Calories
per serving **250**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 8g	10%	Total Carbohydrate 33g	12%
Saturated Fat 4.5g	23%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars <1g	
Cholesterol 10mg	3%	Includes 0g Added Sugars	0%
Sodium 420mg	18%	Protein 12g	
Vitamin D 0.1mcg 0% • Calcium 150mg 10% • Iron 1.9mg 10% 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.

Savory pastry dough filled with seasoned-brown rice, red beans, and cheese.

TIPS & HANDLING

Storage Instructions

Keep frozen at 10 °F or below.

Heating Instructions

Heating times may vary as all equipment is different. Product should reach 165°F before consuming.

Preheat convection oven to 400°F. Place frozen empanadas in a single layer on a baking tray and bake for 11-14 minutes. Allow to cool slightly.

PRODUCT INGREDIENTS & ALLERGENS

Water, Kidney Beans, Low Fat Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), White Whole Wheat Flour, Corn Flour (Corn Treated With Hydrated Lime, Sodium Propionate, Cellulose Gum, Fumaric Acid Added To Preserve Freshness), Brown Rice, Soy Shortening (Interesterified Soybean Oil), Less Than 2% Of: Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Cumin, Paprika, Coriander, Parsley Flakes, Black Pepper.

CONTAINS: MILK, WHEAT
MAY CONTAIN: EGG, SOY

