



# BARBEQUE CHICKEN

ARGENTINIAN EMPANADAS CRAFTED WITH LOVE IN COLORADO

MADE WITH NATURAL CHICKEN, VEGETABLES AND SPICES  
HIGH PROTEIN | SOY, PEANUT AND TREE NUT FREE

## Nutrition Facts

Serving Size 1 empanada (94g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 250    Calories from Fat 120

**% Daily Value\***

**Total Fat** 14g                      **21%**

Saturated Fat 4.5g                      **21%**

Trans Fat 0g

**Cholesterol** 25mg                      **8%**

**Sodium** 550mg                      **23%**

**Total Carbohydrate** 21g                      **7%**

Dietary Fiber <1g                      **4%**

Sugars 4g

**Protein** 10g

Vitamin A 6%                      •                      Vitamin C 2%

Calcium 6%                      •                      Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**ALL-NATURAL FILLING INGREDIENTS:** Cooked Chicken Breast (Boneless, Skinless Chicken Breast, Water, Salt, Granulated Garlic, and White Pepper), Cheese Blend (Part Skim Mozzarella: Pasteurized Milk, Cheese Culture, Salt, Rennet. Provolone: Pasteurized Milk, Cheese Culture, Salt, and Enzymes), Red Onions, Ketchup (Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, Sugar, Salt, Onion Powder, Spice, and Natural Flavoring), Tomato Sauce (Tomato Concentrate (Water, Tomato Paste), Salt, Onion Powder, Garlic Powder, Citric Acid, and Natural Flavors), Canola Oil, Cilantro, Apple Cider Vinegar, Honey, Sugar, Blackstrap Molasses, Water, Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spices, Natural Flavor and Garlic Powder), Butter (Pasteurized Cream, and Salt), Vegetable Oil Blend (Canola, Extra Virgin Olive Oil), Smoke Flavor, Salt, Black Pepper, Chili Powder, Smoked Paprika, Onion Powder, Garlic Powder, Hot Chili Powder, and Crushed Red Pepper.

**DOUGH INGREDIENTS:** (Wheat Flour, Water, Marganne [Beef Fat, Water, Potassium Sorbate and BHT as preservatives, Citric Acid], High Oleic Sunflower Oil, Salt, Vitamin Mix [Niacin, Pantothenic Acid, Vitamin B6], Preservatives (Sodium Propionate, Potassium Sorbate), Glucono delta lactone, and Citric Acid.

**NET WEIGHT:** 3.2 oz

**CASE PACK:** 20 units

**CASE WEIGHT (NET):** 4 lb

**CASE DIMENSIONS:** 14¾" H x 11⅞" W x 3¼" D

**SHELF LIFE:** 6 months

**STORAGE METHOD:** frozen

**TI/Hi:** 10/14

**HEATING:** For maximum enjoyment, the dough should be golden brown with an internal temperature of at least 168°F. When thawed, empanadas may also be deep fried for 4-5 minutes.

### CONVECTION OVEN

### CONVENTIONAL OVEN

#### NOT BAKED

	TEMP (F)	TIME (MIN)	TEMP (F)	TIME (MIN)
Frozen	450-475°	12-15	450-475°	15-18
Refrigerated	450-475°	10-12	450-475°	10-15

#### PARTLY BAKED

Frozen	375-400°	10-15	375-400°	12-18
Refrigerated	375-400°	5-10	375-400°	8-12

**BARBEQUE CHICKEN:**  
COOKED FILLING, NOT BAKED



**BARBEQUE CHICKEN:**  
COOKED FILLING, PARTLY BAKED



actual product

**GOOD FOOD  
MADE SIMPLE.**

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Crafted in Colorado, USA

