



# GROUND BEEF

ARGENTINIAN EMPANADAS CRAFTED WITH LOVE IN COLORADO

MADE WITH NATURAL BEEF, VEGETABLES AND SPICES  
HIGH PROTEIN | LOW FAT | SOY, PEANUT AND TREE NUT FREE

## Nutrition Facts

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

### Amount Per Serving

**Calories** 260    Calories from Fat 150

% Daily Value\*

**Total Fat** 16g    **25%**

Saturated Fat 6g    **29%**

Trans Fat 0g

**Cholesterol** 30mg    **10%**

**Sodium** 520mg    **22%**

**Total Carbohydrate** 20g    **7%**

Dietary Fiber <1g    **4%**

Sugars 3g

**Protein** 8g

Vitamin A 4%    •    Vitamin C 6%

Calcium 0%    •    Iron 10%

\* 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:** Ground Beef, Roasted Yellow Onions, Water, Roasted Red Bell Pepper, Raisins, Marinara Sauce (Vine-ripened Fresh Tomatoes, Blend of Extra Virgin Olive Oil and Sunflower Oil, Salt, Onions, Sugar, Black Pepper, Basil Oregano, Parsley, and naturally derived Citric Acid), Low Sodium Beef Concentrate (Roasted Beef with Beef Broth, Yeast Extract, Salt, Organic Cane Juice Solids, Maltodextrin (from corn), Barley Malt Extract (Gluten), Dried Onion, Spice Extractives, Potato Flour, and Dried Garlic), Vegetable Oil Blend (Canola, Extra Virgin Olive Oil), Sugar, Salt, Black Pepper, and Paprika.

**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 WEIGHT (NET):** 4 lb

**SHELF LIFE:** 6 months

**TI/Hi:** 10/16

**CASE PACK:** 20 units

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

**STORAGE METHOD:** frozen

**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	CONVECTION OVEN		CONVENTIONAL OVEN	
	TEMP (F)	TIME (MIN)	TEMP (F)	TIME (MIN)
<b>Frozen</b>	450-475°	12-15	450-475°	15-18
<b>Refrigerated</b>	450-475°	10-12	450-475°	10-15
PARTLY BAKED				
<b>Frozen</b>	375-400°	10-15	375-400°	12-18
<b>Refrigerated</b>	375-400°	5-10	375-400°	8-12

**GROUND BEEF:**  
COOKED FILLING, NOT BAKED



**GROUND BEEF:**  
COOKED FILLING, PARTLY BAKED



actual product

**GOOD FOOD  
MADE SIMPLE.**

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