LAZO EMPANADAS

# SPINACH & CHEESE

## ARGENTINIAN EMPANADAS CRAFTED WITH LOVE IN COLORADO

LOW FAT | SOY, PEANUT AND TREE NUT FREE

## Nutrition Facts

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

| Amount Per Serving | | |
|---|---|---|
| **Calories** 240 | Calories from Fat 130 | |
| | | **% Daily Value*** |
| **Total Fat** 14g | | **22%** |
| Saturated Fat 6g | | **32%** |
| *Trans* Fat 0g | | |
| **Cholesterol** 20mg | | **7%** |
| **Sodium** 570mg | | **24%** |
| **Total Carbohydrate** 21g | | **7%** |
| Dietary Fiber 1g | | **5%** |
| Sugars 2g | | |
| **Protein** 8g | | |
| Vitamin A 40% | • Vitamin C 10% | |
| Calcium 20% | • 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:** Spinach, Roasted Red Onions, Cheese Blend (Part Skim Mozzarella: Pasteurized Milk, Cheese Culture, Salt, Rennet. Provolone: Pasteurized Milk, Cheese Culture, Salt, and Enzymes), Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, and Powdered Cellulose (Anti-Caking Agent), Roasted Red Bell Pepper, Butter (Pasteurized Cream, and Salt), Corn Starch, Nutmeg, and Salt.

**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 | 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 |

**SPINACH & CHEESE:**
COOKED FILLING, NOT BAKED

0 40232 31142 0

**SPINACH & CHEESE:**
COOKED FILLING, PARTLY BAKED

0 40232 31143 7

*actual product*

## GOOD FOOD MADE SIMPLE.

4910 Fox St., Unit A
Denver, CO 80216
Tel. +1 (303) 296-2851
info@lazofoods.com
lazofoods.com

Crafted in Colorado, USA