



SPICY CHICKEN

ARGENTINIAN EMPANADAS CRAFTED WITH LOVE IN COLORADO

MADE WITH NATURAL CHICKEN, VEGETABLES AND SPICES
NATURALLY SPICY | 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	150
% Daily Value*			
Total Fat	17g		26%
Saturated Fat	4.5g		24%
Trans Fat	0g		
Cholesterol	25mg		9%
Sodium	460mg		19%
Total Carbohydrate	19g		6%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	7g		

Vitamin A 8% • Vitamin C 8%
Calcium 0% • 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: Chicken, Water, Roasted Yellow Onions, Roasted Red Bell Pepper, Garlic, Canola Oil, Green Olives (Olives, Water, Salt, and Lactic Acid), Low Sodium Chicken Concentrate (Chicken Meat with Natural Juices, Salt, Organic Cane Juice Solids, Maltodextrin (from corn), Chicken Fat, Yeast Extract, Natural Flavors, Dried Onion, Potato Flour, Spice Extractives, and Turmeric), Chili Powder, Sugar, Serrano Peppers, Poblano Peppers, Salt, Smoked Black Pepper, Paprika, Oregano, Vinegar Powder (Maltodextrin, White Distilled Vinegar, Modified, and Food Starch), Onion Powder, and Garlic Powder.

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)
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

SPICY CHICKEN:
COOKED FILLING, NOT BAKED



SPICY CHICKEN:
COOKED FILLING, PARTLY BAKED



**GOOD FOOD
MADE SIMPLE.**

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Crafted in Colorado, USA



actual product