LAZO
EMPANADAS

BEEF STEAK

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 240	Calories from Fat 130	
		% Daily Value*
Total Fat 15g		**23%**
Saturated Fat 6g		**28%**
Trans Fat 0g		
Cholesterol 25mg		**8%**
Sodium 460mg		**19%**
Total Carbohydrate 19g		**6%**
Dietary Fiber 1g		**5%**
Sugars 1g		
Protein 7g		
Vitamin A 8%	• Vitamin C 8%	
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: Beef, Roasted Yellow and Red Onions, Water, Roasted Red Bell Pepper, Green Onions, Unsalted Butter (Pasteurized Cream, and Natural Flavorings), Green Olives (Olives, Water, Salt, and Lactic Acid), Vegetable Oil Blend (Canola, Extra Virgin Olive Oil), 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), Paprika, Garlic Powder, Onion Powder, Sugar, Salt, Smoked Black Pepper, Oregano, Cumin, Bay Leaves, and Cayenne 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 WEIGHT (NET): 4 lb
SHELF LIFE: 6 months
TI/HI: 10/14

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

BEEF STEAK:
COOKED FILLING, NOT BAKED

0 40232 31140 6

BEEF STEAK:
COOKED FILLING, PARTLY BAKED

0 40232 31141 3

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 7195

actual product

GOOD FOOD MADE SIMPLE.

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Crafted in Colorado, USA