

# Amy Food Inc.

good food, made in Houston

## PRODUCT SPECIFICATION SHEET

UPC Code: 042957 33190 5

**Spicy Mexican Empanada with Chicken 2 oz /12 ct**

**Product Code: 33190**

Nutrition Facts			
Serving Size 2 pieces (113g)			
Serving Per Container 6			
Amount Per Serving			
<b>Calories</b>	240	<b>Calories from Fat</b>	60
<b>% Daily Value*</b>			
<b>Total Fat</b>	7g		11%
Saturated Fat	1.5g		8%
Mono Fat	0g		
Poly Fat	0g		
Trans Fat	0g		
<b>Cholesterol</b>	25mg		8%
<b>Sodium</b>	610mg		25%
<b>Total Carbohydrates</b>	31g		10%
Dietary Fiber	2g		8%
Sugars	2g		
<b>Protein</b>	13g		
Vitamin A	25%	Vitamin C	20%
Calcium	6%	Iron	15%
*Percent Daily Values are based on a 2,000 calorie diet			



## PACKING INFORMATION

Case Pack	Case Weight	Case Dimensions	Case Cube	Pallet Tie	Pallet Tier	Cases Per Pallet	Pallet Type
12/24 oz	19#	18.75"x10.625"x7.94"	0.915	8 cases	7 layers	56	48" X 40"

**Filling Ingredient:** CHICKEN MEAT, MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, RICE FLOUR AND/OR POWDERED CELLULOSE ADDED TO PREVENT CAKING, MAY CONTAIN NATAMYCIN [A NATURAL MOLD INHIBITOR]), GREEN BELL PEPPER, ONION, CARROTS, TEXTURED SOY FLOUR, RED BELL PEPPER, JALAPENO PEPPER, CONTAINS 2% OR LESS OF TACO SEASONING (MALTODEXTRIN, SALT, CHILI PEPPER, ONION POWDER, SPICES, FOOD STARCH, AND GARLIC POWDER), CHILI GARLIC SAUCE (CHILI, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFATE AS PRESERVATIVE, XANTHAN GUM), SUGAR, SALT

**Crust ingredients:** Enriched Flour (wheat flour, niacin, reduced iron, thiamine mono nitrate, riboflavin, folic acid, enzyme added), water, salt and cornstarch, vegetable oil (canola and/or soybean)

**ALLERGENS:** Soy, Wheat

**Cooking instructions:** For Best Results, Bake in **Oven:** Preheat oven to 375° F. Cook empanada on flat baking sheet placed on top oven rack for 12 minutes, turn and cook 6 to 8 additional minutes. **Microwave Oven:** Wrap it in paper towel and place on microwave safe plate. Cook on high for 1 ½ to 2 minutes. **Deep Fryer:** Defrost before frying. Preheat fryer to 370° F, cook for 6-7 minutes or until crispy and brown. SINCE EQUIPMENT VARIES, TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENT. The internal temperature of product should be 160° F.

**SHELF LIFE:** 12 MONTHS AT 10°F OR LOWER