

Product Nutrition and Contribution



ARGENTINIAN EMPANADA

Nutrition Facts

Serving Size 5 ounces (141.75g)

Amount Per Serving

Calories 380 **Calories from Fat** 240

% Daily Value*

Total Fat 27g **42%**

Saturated Fat 5g **25%**

Trans Fat

Cholesterol 130mg **43%**

Sodium 430mg **18%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **8%**

Sugars

Protein 13g

Vitamin A 30% • Vitamin C 45%

Calcium 4% • Iron 15%

* 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



Meat/Meat Alternate	2 oz
Grain/Bread	2.5 Serving
Vegetable/Fruit	1/8 cup

Allergen:

Wheat, Egg