



Tia Maria is a brand of Bagelinos LLC

# VEGETABLE EMPANADAS

## HEAT AND SERVE

| <b>Nutrition Facts</b>        |                                    |
|-------------------------------|------------------------------------|
| <b>Serving size</b>           | <b>1 Vegetable Empanada (122g)</b> |
| <b>Amount per serving</b>     |                                    |
| <b>Calories</b>               | <b>160</b>                         |
|                               | <b>% Daily Value*</b>              |
| <b>Total Fat</b> 3g           | <b>4%</b>                          |
| Saturated Fat 0g              | <b>0%</b>                          |
| Trans Fat 0g                  |                                    |
| <b>Cholesterol</b> 0mg        | <b>0%</b>                          |
| <b>Sodium</b> 290mg           | <b>13%</b>                         |
| <b>Total Carbohydrate</b> 33g | <b>12%</b>                         |
| Dietary Fiber 4g              | <b>14%</b>                         |
| Total Sugars 2g               |                                    |
| Includes 0g Added Sugars      | <b>0%</b>                          |
| <b>Protein</b> 4g             |                                    |
| Vitamin D 0mcg                | 0%                                 |
| Calcium 23mg                  | 2%                                 |
| Iron 2mg                      | 10%                                |
| Potassium 278mg               | 6%                                 |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### HEATING INSTRUCTIONS:

Place frozen empanada on a sheet pan and heat in oven at 375°F for 12-18 minutes or until internal temperature of the products reaches 165°F measured by a calibrated food thermometer.

### General Specifications

Code # 09203  
Pack: 50/4.29 OZ  
Kosher: No  
Shelf Life: 365 days frozen.  
Status: 2 Weeks Order

### MEAL CONTRIBUTION:

1 Empanada provides  
¼ Cup Other Vegetables &  
2.0 OZ-EQ Grains  
Protein Content: 4g

### ALLERGENS: NONE

### INGREDIENTS

Whole Grain Yellow Corn Flour, Water, Enriched Yellow Degerminated Cornmeal (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potatoes, Onions, Celery, Carrots, Green Beans, Green Peas, Red Peppers, Salt, Canola Oil, Garlic, Salt, Garlic Powder, Spices.

### Case Specifications

**Dimensions:** 11.5 X 9 3/8 X 8 1/2  
**Per Pallet:** 112 CASES / 5,600 UNITS  
**Case Weight:** 13.41 LBS  
**Tier x Height:** 16 x 7  
**Pack:** 50 Empanadas, 4.29 OZ each  
**Storage:** Keep Frozen





**Product Formulation Statement (PFS) for Documenting Vegetables and Fruits**

**Product Name:** Tia Maria Vegetable Empanada

**Code No:** 9203

**Case/Pack/Count/Portion/Size:** 50 / 4.29 oz. servings per case

**I. Vegetable Component**

| Description of Creditable Ingredient per Food Buying Guide (FBG) | Vegetable Subgroup | Ounces per Raw Portion of Creditable Ingredient | Multiply | FBG Yield / Purchase Unit | Creditable Amount <sup>1</sup> (quarter cups) |
|--|--------------------|---|----------|---------------------------|---|
| Red Peppers  |                    | 0.156   | x        | 0.613                     | 0.096   |
| Green Beans  |                    | 0.156   | x        | 0.700                     | 0.109   |
| Green Peas   |                    | 0.156   | x        | 0.663                     | 0.103   |
| Onions   |                    | 0.417   | x        | 0.494                     | 0.206   |
| Celery   |                    | 0.313   | x        | 0.544                     | 0.170   |
| Carrots  |                    | 0.313   | x        | 0.539                     | 0.169   |
| Potatoes   |                    | 0.417   | x        | 0.606                     | 0.253   |
|  |                    |   | x        |                           |   |
|  |                    |   | x        |                           |   |
|  |                    |   | x        |                           |   |
| <b>Total Creditable Vegetable Amount:</b>                        |                    |   |          |                           | <b>1.000</b>                                  |

**TOTAL CUPS**

| LEGUMES | DARK GREEN | RED/ORANGE | STARCHY | OTHER<br>1/4 |
|---------|------------|------------|---------|--------------|
|         |            |            |         |              |

- <sup>1</sup>FBG calculations for vegetables are in quarter cups.
- Vegetables and vegetable purees credit on volume served. Tomato paste and puree will continue to credit as a calculated volume based on the yields in the FBG.
- At least 1/8 cup of recognizable vegetable is required to contribute towards the veg component or a specific veg subgroup
- The OTHER vegetable subgroup may be met with any additional amounts from the other subgroups.
- School food authorities may offer any veg subgroup to meet the total weekly requirement for the additional veg subgroup
- Leafy green vegetables credit as half the volume served in schools. Legumes may credit toward the vegetable component or the meat alternate component but not as both.

I certify the above information as true and correct and that a 4.29 ounce serving of the above product contains **1/4** cup(s) of vegetable.

\_\_\_\_\_  
President

Title

\_\_\_\_\_  
Jorge H. Henao

\_\_\_\_\_  
11/13/18

\_\_\_\_\_  
973-607-1904

Printed Name

Date

Phone Number

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