



Our empanadas are hand crafted and free from preservatives, food coloring, or artificial additives. Our crust is made with never bleached never bromated non gmo American grown wheat flour. Our fillings are thoughtfully sourced and skillfully crafted. mmpnanadas are fully baked then frozen for easy execution. Take a bite and find out what the mmm is all about!

Hatch Chile Chicken



INGREDIENTS: CHICKEN FILLING (CHICKEN BREAST, CHICKEN THIGH, MONTEREY JACK CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), GREEN CHILE PEPPERS (CHILES, WATER, CONTAINS LESS THAN 2% OF CALCIUM CHLORIDE, CITRIC ACID AND SALT), JALAPENOS, SOUR CREAM (CULTURED CREAM, ENZYMES), KOSHER SALT, HATCH GREEN CHILI POWDER, CAYENNE PEPPER, CUMIN, BLACK PEPPER, GRANULATED GARLIC), DOUGH (UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE MILK (MILK, VITAMIN D3), NON-HYDROGENATED PALM OIL SHORTENING, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), KOSHER SALT, LIQUID EGGS WITH CITRIC ACID)

CONTAINS: MILK, EGG, WHEAT

Argentine Style Beef



INGREDIENTS: BEEF FILLING (GROUND BEEF, HARD BOILED EGG, TOMATO PUREE (TOMATO PUREE, CITRIC ACID), ONION, GREEN OLIVES (OLIVES, WATER, SALT, LACTIC ACID), GARLIC, OREGANO, KOSHER SALT, PAPRIKA, CUMIN,) DOUGH (UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE MILK (MILK, VITAMIN D3), NON-HYDROGENATED PALM OIL SHORTENING, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), KOSHER SALT, LIQUID EGGS WITH CITRIC ACID)

CONTAINS: MILK, EGG, WHEAT

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 20g	26%	Total Carbohydrate 24g	9%
Serving size 1 ea (145g)		Saturated Fat 9g	45%	Dietary Fiber 4g	14%
Calories per serving 380		Trans Fat 0g		Total Sugars 2g	
		Cholesterol 80mg	27%	Includes 0g Added Sugars	0%
		Sodium 500mg	22%	Protein 23g	46%
<small>* The % Daily Value (DV) 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.</small>					

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 24g	31%	Total Carbohydrate 26g	9%
Serving size 1 (145g)		Saturated Fat 10g	50%	Dietary Fiber 5g	18%
Calories per serving 400		Trans Fat 0.5g		Total Sugars 2g	
		Cholesterol 100mg	33%	Includes 0g Added Sugars	0%
		Sodium 500mg	22%	Protein 16g	32%
<small>* The % Daily Value (DV) 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.</small>					



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Cheeseburger



INGREDIENTS: FILLING (GROUND BEEF, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, COLOR ADDED), AMERICAN CHEESE (CULTURED PASTEURIZED MILK AND SKIM MILK, WATER, CREAM, MILKFAT, SALT, CONTAINS LESS THAN 2% OF SODIUM PHOSPHATE, ENZYMES), ONION, GARLIC, PICKLE (CUCUMBERS, DISTILLED VINEGAR, SALT, ALUM, TURMERIC, SPICES, 1/10 OF 1% SODIUM BENZOATE(PRESERVATIVE), POLYSORBATE 80), SALT, PAPRIKA, CUMIN) DOUGH (UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE MILK (MILK, VITAMIN D3), NON-HYDROGENATED PALM OIL SHORTENING, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), KOSHER SALT, SESAME SEEDS, LIQUID EGGS WITH CITRIC ACID)

CONTAINS: MILK, EGG, WHEAT, SESAME SEEDS

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 30g	38%	Total Carbohydrate 26g	9%
Serving size 1 ea (145g)		Saturated Fat 14g	70%	Dietary Fiber 4g	14%
Calories per serving 460		Trans Fat 1g		Total Sugars 2g	
		Cholesterol 60mg	20%	Includes 0g Added Sugars	0%
		Sodium 690mg	30%	Protein 19g	38%
Vitamin D 0.7mcg 4% • Calcium 300mg 25% • Iron 3mg 15% • Potassium 220mg 4%					

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Vegan Black Bean



INGREDIENTS: FILLING (BLACK BEANS, SPINACH, CORN, RED PEPPER (DICED RED PEPPERS, WATER, SALT, CITRIC ACID, CALCIUM CHLORIDE), JALAPENOS, ONION, CILANTRO, KOSHER SALT, CAYENNE PEPPER, CUMIN) DOUGH (UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, NON-HYDROGENATED PALM OIL SHORTENING, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), KOSHER SALT)

CONTAINS: WHEAT

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 13g	17%	Total Carbohydrate 36g	13%
Serving size 1 ea (145g)		Saturated Fat 6g	30%	Dietary Fiber 8g	29%
Calories per serving 310		Trans Fat 0g		Total Sugars 1g	
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 440mg	19%	Protein 10g	20%
Vitamin D 0mcg 0% • Calcium 130mg 10% • Iron 3.2mg 20% • Potassium 240mg 6%					

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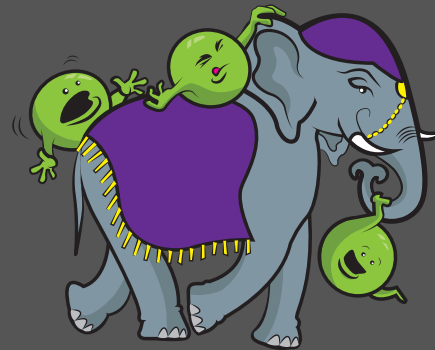
Spinach and Mushroom



INGREDIENTS: FILLING (SPINACH, CREMINI MUSHROOM, WHITE MUSHROOM, FETA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), ONION, ASIAGO CHEESE (CULTURED MILK, ENZYMES, SALT), GARLIC, PINE NUTS, KOSHER SALT, NUTMEG) DOUGH (UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE MILK (MILK, VITAMIN D3), NON-HYDROGENATED PALM OIL SHORTENING, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), KOSHER SALT, LIQUID EGGS WITH CITRIC ACID)

CONTAINS: MILK, EGG, WHEAT, PINE NUTS

Vegan Samosa



INGREDIENTS: FILLING (POTATOES, PEAS, GARLIC, COCONUT OIL, SPICES) DOUGH (UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, NON-HYDROGENATED PALM OIL SHORTENING, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), KOSHER SALT)

CONTAINS: WHEAT

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 19g	24%	Total Carbohydrate 28g	10%
Serving size 1 ea (145g)		Saturated Fat 9g	45%	Dietary Fiber 6g	21%
Calories per serving 330		Trans Fat 0g		Total Sugars 2g	
		Cholesterol 15mg	5%	Includes 0g Added Sugars	0%
		Sodium 650mg	28%	Protein 12g	24%
Vitamin D 0.3mcg 2% • Calcium 210mg 15% • Iron 2.9mg 15% Potassium 270mg 6%					

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 13g	17%	Total Carbohydrate 36g	13%
Serving size 1 ea (145g)		Saturated Fat 6g	30%	Dietary Fiber 8g	29%
Calories per serving 310		Trans Fat 0g		Total Sugars 1g	
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 440mg	19%	Protein 10g	20%
Vitamin D 0mcg 0% • Calcium 130mg 10% • Iron 3.2mg 20% • Potassium 240mg 6%					

* The % Daily Value (DV) 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.



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