

mmppanadas[®]

Eat Happy



AWARD WINNING

- excellent source of protein
- always baked, never fried
- meal-sized portions
- easy to heat & eat
- handcrafted

WOMEN
OWNED™



GO TEXAN.

THOUGHTFULLY SOURCED & SKILLFULLY CRAFTED



Non-GMO Wheat Flour

Never bleached. Never bromated. American-Grown. It's our not-so-secret secret ingredient.



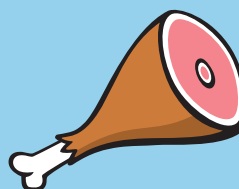
Non-GMO Palm Oil

Sustainably harvested, too. If it ain't broke, don't modify it.



Cage-Free Eggs

Happier chickens lay tastier eggs. That's just science.



High-Quality Meats

No antibiotics, no hormones ever, and all-vegetarian diets. Sci-Fi should be read, not fed.



Aluminum-Free Baking Powder

We take a hard pass on Alzheimer's, Parkinson's, and Kidney Disease. Aluminum does NOT belong in your body!

Hatch Chile Chicken



INGREDIENTS: Chicken Filling (Chicken Breast, Chicken Thigh, Monterey Jack Cheese [Cultured Pasturized 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], Spices, Kosher Salt), 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, and WHEAT

Chicken Pot Pie



INGREDIENTS: Filling (Chicken, Roux [Water, Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavors), Whole Milk (Milk, Vitamin D3), Vegetable Chicken Broth (Maltodextrin, Salt, Autolyzed Yeast Extract, Natural Flavor, Dehydrated Vegetables [onion, celery, parsley, spinach, garlic, carrot], Potato Flour, Xanthan Gum, Spices, Extractive of Spices [including turmeric], Soy Lecithin [emulsifier], Soybean Oil), Salt, Thyme, Black Pepper], Peas, Carrots), 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, and 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, and WHEAT

Cheeseburger



INGREDIENTS: Filling (Ground Beef, Cheddar Cheese [Pasturized Milk, Cheese Culture, Salt, Enzymes, Color Added], American Cheese [Cultured Pasturized 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 as 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

Spinach 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

Soy Chorizo & Brie



INGREDIENTS: Filling (Soy Chorizo [Water, Textured Vegetable Protein (Defatted Soy Flour), Soybean Oil, Red Wine Vinegar (Red Wine Vinegar, Potassium Metabisulfite [Preservative], diluted with Water to 5% acidity), Spices, Kosher Salt], Brie [Pasteurized Cow Milk, Cheese Cultures, Salt, Enzymes], 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: SOY, MILK, EGG, WHEAT

Vegan Spicy Black Bean



INGREDIENTS: Filling (Black Beans, Spinach, Corn, Red Pepper [Diced Red Peppers, Water, Salt, Citric Acid, Calcium Chloride], Jalapenos, Onion, Cilantro, Kosher Salt, 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

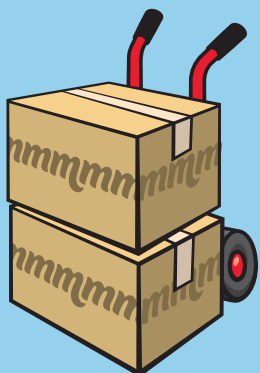
Vegan Samosa Style



INGREDIENTS: Filling (Potatoes, Peas, Garlic, Cilantro, Coconut Oil, Spices, Kosher Salt), 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, COCONUT

Put **mmm** on Your Shelf



	quantity	dimensions	weight
unit	1 empanada	1.75" L x 6" W x 4" H	5.11 oz
case	6 empanadas	10.5" L x 6" W x 4" H	2 lbs
pallet	250 cases 1,500 empanadas	25 TI x 10 HI Pallet Height: 4 feet	500 lbs

Now available
for the freezer aisle



New

Pineapple Cinnamon



INGREDIENTS: Filling (Pineapple, Cane Sugar, Brown Sugar, Corn Starch, Water, Cinnamon), 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, and WHEAT



*Now available
via UNFI*

product	item #	description	warehouses	13-digit UPC
	60829	MPAN EMPANADA CHKN CHILI	ROC, LAN, MOR	0085943400221
	60830	MPAN EMPANADA ARGNTN BF	ROC, LAN, MOR	0085943400222
	60841	MPAN EMPANADA SPIN MUSH	MOR, LAN	0085943400203
	60882	MPAN EMPANADA SPCY BL BN	MOR, LAN	0085943400223
	60889	MPAN EMPANADA CHICKN PIE	MOR, LAN	0085943400259
	60890	MPAN EMPANADA SOY CHORZO	MOR, LAN	0085943400202



mmpnadas[®] is the creation of husband and wife powerhouse Cody and Kristen Fields. Shortly after graduating from UT Austin, Cody fell in love with empanadas while working in Costa Rica. He met Kristen on a trip back to Austin in 2006 and fell in love with her, too. Together, they began making a variety of empanadas for local bars and coffee shops. Next thing they knew, they were married and slinging gourmet empanadas out of a big red food truck. Thirteen years, two kids, and over a million empanadas sold later, mmpnadas has grown beyond the truck and is now rolling into grocers' frozen aisles across the country.

Take a bite and find out what the mmm is all about!

   @mmpnadas

mmpnadas.com

