

# Handhelds, Empanada, WG, Turkey Sausage, Egg and Cheese (#3723)



Looking for something completely different to serve for breakfast? Try these flaky, whole grain handheld pastries! They're filled with delicious Turkey Sausage, Egg and Cheese, and are sure to satisfy even the pickiest eaters!

## General Specifications

Pack: 90/2.8 oz  
 Servings per Case: 90  
 Kosher: No  
 Shelf Life: None at ambient. 450 days frozen.  
 Status: Available



## SCHOOL SPECIFICATIONS

CACFP Compliant: No  
 Nutritional Ratio: 48-21-1  
 Meat/Meat Alternate (ounce equivalents): 1.0  
 Grain (ounce equivalents): 1.25  
 Whole Grain: 12.98g, 60%  
 Enriched Flour: 8.65g  
 Combined Flour 21.63g

## Nutrition Facts

**Serving size** 1 Empanada 2.8 oz. (79g)

Amount per serving  
**Calories** **170**

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.2mg	6%
Potassium 130mg	2%

\* 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.

## INGREDIENTS

Eggs, water, white whole wheat flour, enriched wheat flour ([wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], malted barley flour), low moisture mozzarella cheese (cultured pasteurized milk, salt enzymes, and natamycin [natural mold inhibitor]), cooked sausage made with turkey (mechanically separated turkey, water, soy protein concentrate [contains soy lecithin], salt, spices, paprika, flavorings), margarine (palm oil and its fractions, water, salt, vegetable mono & diglycerides, soy lecithin, sodium benzoate as preservative, natural flavor [butter]), onions, red bell peppers, heavy cream (heavy cream, milk) and green peppers. Contains less than 2% of canola oil, pea protein, dextrose, maltodextrin, starch, sugar, chicken base (cooked mechanically separated chicken, salt, hydrolyzed corn protein, rendered chicken fat, onion powder, rice flour, disodium inosinate and disodium guanylate, natural flavoring, turmeric), modified food starch, salt, granulated



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onion, mono- and diglycerides, enzymes, methylcellulose, citrus fiber, inactive dry yeast, potassium chloride, citric acid, spices, and nonfat dry milk.

## ALLERGENS & DISCLOSURES

Contains egg, milk, soy, and wheat ingredients.

Contains bioengineered food ingredients.

This product is produced in a **nut-free** and **sesame-free** facility.

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## Instructions

### PREPARATION

Bake from Frozen:

Pre-Heat oven to 400°F

Arrange frozen parbaked empanadas on a lined sheet pan

Bake for 12-14 minutes until an internal temperature of 165°F is reached, and the crust is a golden brown

Remove from oven and allow a few minutes to rest before handling the product

\*Cooking equipment settings may vary; cooking time may need adjusting.

Cook thoroughly to internal 165°F

DO NOT Hold cooked product refrigerated more than 2 days

