



CHEF'S
COMMISSARY™
CREATIVE CULINARY SOLUTIONS

Beef Ropa Vieja Empanada

A blend of Shredded Beef, Peppers, Onions and Olives wrapped in flaky Dough

PRODUCT SPECIFICATIONS

Product ID 2017
Case Count 100

Ingredients

Dough: Flour (bleached wheat flour, malted barley flour, niacin, iron, potassium, bromated, thiamin mononitrate, riboflavin, folic acid) Water, Lard (BHA, BHT, citric acid added as preservative), Butter (pasteurized cream, natural flavorings), Malt Syrup, Salt.

Filling: Beef, Onion, Poaching Liquid (water, onion, carrot, celery, canola oil, garlic, tomato paste, salt, spices), Peppers, Olives, Tomato Paste (tomato paste, salt, citric acid), Canola Oil, Contains 2% or Less of the Following: Eggs, Monterey Jack Cheese (pasteurized milk, cheese cultures, salt, enzymes), Garlic, Cilantro, Peppers, Flour (wheat flour, enzyme, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), Salt, Spices.



Allergens

Contains: Milk, Wheat, Egg



This item is processed in a facility that also processes peanuts and wheat, and their derivatives.



Cooking and Handling Instructions

PRODUCT MUST BE FULLY COOKED BEFORE SERVING

Deep Fry (preferred method)

From frozen, deep fry in preheated 350-375°F oil for 5-7 minutes or until dough is golden brown and internal temperature reaches 165°F. If dough is cooked before filling is hot, place on paper-lined sheet pan and continue to bake until internal temperature reaches 165°F. Let rest 10-15 minutes before serving. Discard all leftovers.

Convection Oven

From frozen, place on paper-lined sheet pan, apply egg wash and bake in a preheated 375-400°F convection oven for 10-12 minutes or until dough is cooked and internal temperature reaches 165°F. Let rest 10-15 minutes before serving. Discard all leftovers.

*Cooking times may vary based on equipment characteristics

Nutrition Facts

Serving Size 1 ea
Servings Per Container 100

Amount Per Serving

Calories 70 **Calories From Fat 50**

% Daily Value

Total Fat 6g	9%
Saturated Fat 2g	9%
Trans Fat 0g	
Polyunsaturated Fat .5g	
Monounsaturated Fat 2g	
Cholesterol 5 mg	2%
Sodium 125mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 4g	
Vitamin A 6%	Vitamin C 6%
Calcium 2%	Iron 6%

* Percent Daily Values are based on a 2000 calorie diet.