



Pupusa loroco flower&cheese 10/4/4oz

PRODUCT OF USA

50842

FROZEN SAVORY

HORS D'OEUVRES

LATIN APPETIZER

Product Description

- Typical recipe from El Salvador.
Tasteful corn tortilla stuffed with cheese and loroco flower.



Pack and Case Specifications

Pack Net Weight

1lb

Packs per Case

10

Units per Pack

4

Case Size (LxWxH)

10''x 10''x 5''

Case Cube

0.29ft3

Case Gross Weight

11lb

Cases per Pallet

140 (14/10)

Ingredients

Water, corn flour, cheese, loroco flowers, calcium propionate (less than 0.1% as preservative).

Physical

Round 5'' thick corn dough tortilla

Nutrition

Nutrition Facts

Serving Size 4 oz (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 220	Calories from Fat 190
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol --mg	--%
Sodium 450mg	19%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 9g	
Vitamin A --%	Vitamin C --%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Organoleptic

Texture: Soft corn dough
Typical: pupusa taste with Loroco flowers
Color: Light brown, beige

Allergens

CONTAINS: MILK.

Cooking Directions

Stove top

Place pupusa in a pan with oil. Cook for 5-6 minutes on both sides.

Oven

Preheat the oven at 350°F. Bake pupusas for 12-15 minutes or until cheese begin to melt.

Certificates and Claims

Storage and Shelf Life

Shelf life: 12 months frozen. Refrigerated without opening 3 weeks.
Store in freezer below 0°F (-18°C). Keep frozen until ready to use. Do not thaw and refreeze.

UPC code



revised 23-Feb-15

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