

Made in the



AN AFFILIATE OF ROYAL CARIBBEAN BAKERY

JAMAICAN STYLE VEGETABLE PATTIES

EMPANADAS DE VEGETALES (VEGETABLE TURNOVERS)

INGREDIENTS: **Filling:** Cabbage, Carrots, Broccoli, Corn, Celery, Onions, Modified Food Starch, Margarine (Palm Oil, Water, Salt, Mono and Diglycerides, Artificial Flavor, Colored with Annatto, Calcium Disodium EDTA added as a preservative, Vitamin A Palmitate added), Seasoning [Soup Base (Dextrose, Salt, Corn Starch, Hydrolyzed Vegetable Protein (Soybean), Natural Flavors, Onion, Spice Blend, Garlic, Caramel Color, Palm Oil), Salt, Sugar, Flavoring, Disodium Inosinate and Disodium Guanylate], Hot Peppers and Thyme.

Crust: Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Whole Wheat Flour, Sugar, Salt.

Contains: Wheat, Soy.

BAKING INSTRUCTIONS:

Preheat oven at 400°F. Remove frozen patties from container. Place frozen patties on baking sheet with liner. Bake patties until internal temperature reaches 165°F.

Convection Oven: 20-25 minutes

Conventional Oven: 25-30 minutes

CAUTION: Patties will be extremely hot. Allow them to stand for 5 minutes before serving.

IMPORTANT: Do not microwave. For best results, do not thaw patty prior to baking. Baking times and temperatures may vary due to differences in oven performance.

KEEP FROZEN

NET WEIGHT 15 LBS. 10 OZ. (7.1 Kg)

Caribbean Food Delights
117 Route 303, Suite B, Tappan, NY 10983
www.caribbeanfooddelights.com

For questions or comments, visit us on the web. Please provide Best By production code on package.



50 UNBAKED

Nutrition Facts

50 servings per container

Serving size 1 turnover (142g)

Amount per serving

Calories 310

% Daily Value*

Total Fat 14g 18%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 440mg 19%

Total Carbohydrate 40g 15%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 2g Added Sugars 4%

Protein 7g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2mg 10%

Potassium 130mg 2%

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4