

# HelloFresh Add-On Chicken & Empanadas Buncle

<b>Nutrition Facts</b>	Beef Empanadas	Chicken Empanadas
	servings per container	2.5
<b>Serving size</b>	3 empanadas (85g)	3 empanadas (85g)
Amount per serving		
<b>Calories</b>	<b>160</b>	<b>160</b>
	% Daily Value*	% Daily Value*
<b>Total Fat</b>	6g <b>8%</b>	5g <b>6%</b>
Saturated Fat	1g <b>5%</b>	0.5g <b>3%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	15mg <b>5%</b>	20mg <b>7%</b>
<b>Sodium</b>	280mg <b>12%</b>	300mg <b>13%</b>
<b>Total Carbohydrate</b>	20g <b>7%</b>	20g <b>7%</b>
Dietary Fiber	1g <b>4%</b>	1g <b>4%</b>
Total Sugars	1g	1g
Includes Added Sugars	0g <b>0%</b>	0g <b>0%</b>
<b>Protein</b>	6g	6g
*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.	<b>Vitamin D</b>	0mcg 0%
	<b>Calcium</b>	21mg 2%
	<b>Iron</b>	2mg 10%
	<b>Potassium</b>	170mg 4%
		149mg 4%

**Beef And Vegetable Empanadas:** wrapper ((enriched unbleached flour WHEAT flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), water, canola oil, less than 2% of salt), filling (ground beef, carrots, onions, red pepper, potato, tomato paste (tomatoes, citric acid (for flavor)), salt, black pepper, lupita's secret sauce (diced tomatoes (tomatoes, tomato juice)), red onion, garlic, cumin, thyme, paprika, oregano, sugar). **Contains: Wheat**

**Chicken And Vegetable Empanadas:** wrapper (enriched unbleached flour WHEAT flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), water, canola oil, less than 2% of salt), filling (chicken, cabbage, potato, carrots, red pepper, onions, less than 2% of diced tomatoes (tomatoes, tomato juice), salt, lupita's secret sauce (diced tomatoes (tomatoes, tomato juice), red onion, garlic, cumin, canola oil salt), paprika, cumin seed, thyme, black pepper, oregano). **Contains: Wheat**