

CHEESE & BELL PEPPER PUPUSAS (PUPUSAS DE QUESO Y CHILE)



INGREDIENTS

MASA :Whole Cooked Corn, Canola oil, Cultured dextrose, Salt. Trace of Lime. FILLING: Mozzarella cheese, pasteurized part skim milk, cheese culture, salt, enzyme), Water, Monterey Jack cheese (pasteurized milk, cheese culture, salt, enzymes), Green bell pepper, Potato starch.

NUTRITION FACTS

Serving Size: 1 Pupusa 5.3oz (150g)

Amount per Serving

CALORIES 290

% Daily Value*

Total Fat 12g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 4g	
Cholesterol 25mg	8%
Sodium 500mg	22%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 269mg	20%
Iron 1mg	6%
Potassium 180mg	4%

*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



**GLUTEN
FREE**

**CONTAINS
MILK**

**0g
TRANS FAT
PER SERVING**

Product Code	UPC Number	Product Description	Pkgs/Case	Weight /pkg (lbs)	Net wt/ cs lbs	Gross wt/ cs lbs	Tie	High	Case/Pallet	Case Dimensions	Master Case Cube
702	829793 007023	Cheese Pupusas	8/5ct	1.65	13.2	14.7	16	4	80	10x10x7	0.41