

# PUPUSAS

100% Hand Made Cheese or Chicharron



PRODUCT CODE:

- 0151 – Cheese pupusas.
- 0152 – Chicharron pupusas.

PRESENTATIONS:

72 Ct. / 5 Oz. Frozen 100% handmade Cheese or Chicharron Pupusas.

INDIVIDUAL PRESENTATION:

4.8 Oz. (136 g.)  
to 5.8 (165 g.) 0 5”

INGREDIENTS:

Corn Flour, Mozzarella Cheese, Water, Salt, Bay Leaves, & USDA certified Pork.

<b>Nutrition Facts</b>	
Serving Size 1 pupusa (about 5" dia)	
Amount Per Serving	
<b>Calories 187</b>	Calories from Fat 54
<b>% Daily Values*</b>	
<b>Total Fat 6.02g</b>	<b>9%</b>
<b>Saturated Fat 2.116g</b>	<b>11%</b>
<b>Polyunsaturated Fat 1.07g</b>	
<b>Monounsaturated Fat 2.26g</b>	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 88mg</b>	<b>4%</b>
<b>Potassium 191mg</b>	
<b>Total Carbohydrate 25.66g</b>	<b>9%</b>
<b>Dietary Fiber 3.2g</b>	<b>13%</b>
<b>Sugars 0.62g</b>	
<b>Protein 8.45g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 3%</b>
<b>Calcium 7%</b>	<b>Iron 15%</b>

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18



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## BOX DIMENSIONS:

18 x 12 x 6

## PACKAGING:

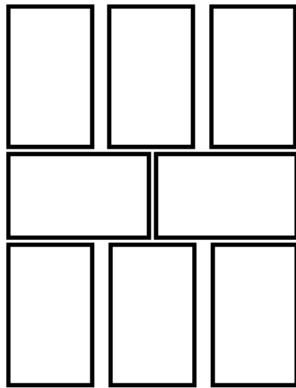
Case: 72 Pieces.

Bags per case: 6

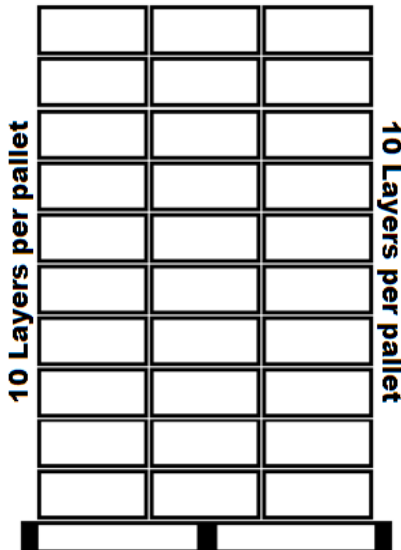
Cases per layer: 8

Layer per pallet: 10

Case per pallet: 80



**8 Cases per layer**



## HANDLING INSTRUCTIONS:

Keep frozen at 00 F (-180 C)

Shelf life of 6 months stored at 00 F (-180 C). 10 days refrigerated at 340 to 400 (4.440 C) once fully thawed.

## DEFROST INSTRUCTIONS:

Remove the product that you want to use from the freezer.

Keep 24 hrs. (Minimum) at a refrigerated temperature.

## COOKING INSTRUCTIONS:

Heat a griddle to medium-high heat and lightly oil. Grill pupusas for approximately 5-6 minutes per side, flipping occasionally as needed, until both sides are nicely browned