



BEAN & CHEESE PUPUSAS

A classic Latin American dish, Pupusas can be enjoyed in a variety of ways. Our Pupusas are corn wrapped and stuffed with a variety of slow cooked fillings and cheesy mozzarella. Del Real Foods is excited to bring new and delicious flavors to your family's table with our line of ready to eat Pupusas.

**GLUTEN
FREE**

**GREAT AFTER
SCHOOL
SNACK!**

**HEAT & EAT
3
MINUTES**

INGREDIENTS

Masa: Water, Corn (Corn treated with lime water), Canola Oil, Potato [(Potato flakes, dehydrated), Cultured dextrose, Salt.

Filling: Beans [Water, Pinto Beans, Jalapeno Pepper (Jalapeno Pepper, Water, Vinegar, Salt), Salt, Chile powder (Chili Pepper and Spices)], Mozzarella cheese (pasteurized part skim milk, cheese culture, salt, enzyme).

ALLERGEN STATEMENT: Contains Milk

NUTRITION FACTS

About 5 servings per container

Serving Size: 1 Pupusa 5.1oz (145g)

Amount per Serving

CALORIES	270
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 450mg	20%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 1mg	6%
Potassium 203mg	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.

COOKING INSTRUCTIONS

MICROWAVE

1. Remove one pupusa from pouch and wrap in a paper towel.
2. Place on a microwave safe plate and microwave for 50-60 seconds or until internal temperature reaches a minimum of 165 °F.
3. Let sit for about 1 minute to cool and enjoy!

Note: Microwave ovens vary in rates of heating. Times given are approximate.

STOVE TOP

1. Pre-heat a non-stick pan over medium heat. Empty pupusas from pouch and separate with a spatula.
2. Place pupusas on the pan and heat for 4-6 minutes or until internal temperature reaches a minimum of 165 °F. Flip pupusas every 2 minutes.
3. Let sit for about 1 minute to cool and enjoy!

AIR FRYER

1. Preheat air fryer to 350°F. Remove one pupusa from pouch and place in air fryer.
2. Cook for 5-6 minutes or until internal temperature reaches a minimum of 165 °F. Flip halfway through cooking time for best results.
3. Let sit for about 1 minute to cool and enjoy!

Note: If heating more than one pupusa, do not stack pupusas to allow even air flow for proper heating. Air fryers vary in rates of heating. Times given are approximate.

OVEN

1. Pre-heat oven to 375°F. Line a full-size sheet pan with parchment paper to prevent sticking.
2. Remove pupusas from pouch and place a single layer on sheet pan.
3. Place pan in pre-heated oven and cook pupusas for 12-15 minutes or until internal temperature reaches a minimum of 165 °F.
4. Carefully remove pupusas from sheet pan, let cool for 1 minute, and enjoy!