



## BIRRIA & CHEESE PUPUSA

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.

**0g**  
TRANS FAT  
PER SERVING

**GLUTEN  
FREE**

**GREAT AFTER  
SCHOOL  
SNACK!**

## INGREDIENTS

**Masa:** Whole Cooked Corn, Water, Canola Oil, Potato [(Potato flakes, dehydrated), Cultured Dextrose, Salt. Trace of Lime.

**Filling:** Beef, Mozzarella Cheese (pasteurized part skim milk, cheese culture, salt, enzymes), Crushed Tomatoes in puree (Crushed Tomatoes, Tomato Puree, Salt, Citric Acid, Calcium Chloride), Water, Seasoning (Paprika, Chili Pepper, Red Pepper, Garlic, Salt, Spices), Apple Cider Vinegar, Modified Corn Starch, Salt, Onion.

**ALLERGEN STATEMENT:** Contains Milk

## NUTRITION FACTS

5 Servings per Container

Serving Size: 1 Pupusa 5.1oz (145g)

Amount per Serving

**CALORIES** **240**  
% Daily Value\*

Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 700mg	30%
Total Carbohydrate 29g	11%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 209mg	15%
Iron 1mg	6%
Potassium 135mg	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.

## 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