



CARNITAS & CHEESE MINI PUPUSAS

Our Carnitas and Cheese Mini Pupusas are stuffed with slow-cooked shredded pork carnitas in rich salsa and mozzarella cheese. Conveniently packaged and ready to heat and eat in 3 minutes, our mini pupusas are perfect for an after-school snack or appetizer. A classic Latin American dish, pupusas can be enjoyed in a variety of ways. Try topping our mini pupusas with salsa, guacamole, or curtido: a Hispanic coleslaw.

6g
OF PROTEIN
PER SERVING

**GLUTEN
FREE**

0g
TRANS FAT
PER SERVING

INGREDIENTS

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

Filling: Carnitas [Pork, Tomato, Fire roasted salsa (Fire roasted tomato, Fire roasted jalapeño, Salt, Water), Green chiles (Green Chiles, citric acid), Onion, Tomatillo, Water, Pork base (Pork meat including natural pork juices, Sea salt, Pork fat, Natural flavoring), Salt, Modified corn starch, Garlic], Mozzarella cheese (pasteurized part skim milk, cheese culture, salt, enzyme), Modified corn starch.

ALLERGEN STATEMENT: Contains Milk

NUTRITION FACTS

6 Servings per Container
Serving Size: 1 Pupusa 2.8oz (79g)

Amount per Serving

CALORIES	130	% Daily Value*
Total Fat 6g		8%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 15mg		5%
Sodium 390mg		17%
Total Carbohydrate 14g		5%
Dietary Fiber 1g		4%
Total Sugars 1g		
Includes 0g Added Sugars		0%
Protein 6g		
Vitamin D 0mcg		0%
Calcium 192mg		15%
Iron 1mg		6%
Potassium 147mg		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 30-40 seconds.
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. 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. 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 10-12 minutes.
4. Carefully remove pupusas from sheet pan, let cool for 1 minute, and enjoy!