



BACON & CHEESE PUPUSA

Start your day the delicious way with our Bacon & Cheese Pupusas! Packed with savory bacon, mild fire-roasted salsa, and cheesy goodness, try topping with an egg or mashed avocado to elevate your breakfast experience.

INGREDIENTS

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

Filling: Fire Roasted Salsa (Fire Roasted Tomato, Fire Roasted Jalapeno, Garlic, Salt, Cilantro, Xanthan gum), Mozzarella Cheese (pasteurized part skim milk, cheese culture, salt, enzyme), Monterey Jack cheese (pasteurized milk, cheese culture, salt, enzymes), Uncured Bacon Bits [Pork, Water, Salt, Sugar, Cultured celery powder>(*No nitrites or nitrates added except for those naturally occurring in cultured celery powder), Sea salt, may contain natural flavoring], Modified corn starch.

ALLERGEN STATEMENT: Contains Milk

NUTRITION FACTS

Serving Size: 1 Pupusa 3.5oz (99g)

Amount per Serving

CALORIES	220
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 570mg	25%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 238mg	20%
Iron 1mg	6%
Potassium 728mg	15%

*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.

9g
OF PROTEIN
PER SERVING

**GLUTEN
FREE**

**HEAT & EAT
2
MINUTES IN
MICROWAVE**

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 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 10-12 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!