



# CHICKEN & 3 CHEESE MINI PUPUSAS

Our Chicken & 3 Cheese Mini Pupusas are stuffed with slow-cooked chicken and mozzarella, Monterey jack, and cheddar cheese. Conveniently packaged and ready to heat and eat in 3 minutes, our mini pupusas are perfect for an easy after-school snack, appetizer, or dinner.

## INGREDIENTS

**Masa:** Whole Cooked Corn, Water, Canola Oil, Potato (Potato flakes, dehydrated), Vinegar, Cultured Dextrose, Salt. Trace of Lime. **Filling:** [Chicken in Red Sauce (Chicken Leg Meat, Tomato, Tomato Sauce (Tomato Concentrate, Salt, Citric Acid, Red Bell Pepper Powder, Natural Flavoring, Spice), Water, Onion, Seasoning (Maltodextrin, Onion Extract, Onion Powder, Sugar, Salt, Yeast Extract, Corn Oil, Carrot Extract, Celery Extract, Spices, and Garlic Powder), Modified Corn Starch, Canola Oil, Salt, Jalapeno Peppers (Jalapeno Peppers, Water, Vinegar, Salt), Garlic Powder, Spices), Mozzarella cheese (pasteurized part skim milk, cheese culture, salt, enzyme), Monterey Jack cheese (pasteurized milk, cheese culture, salt, enzymes), Cheddar Cheese (Pasteurized milk, Cheese cultures, Salt, Enzymes, and Annatto).

**ALLERGEN STATEMENT:** Contains Milk

## NUTRITION FACTS

10 Servings per Container

Serving Size: 1 Pupusa 2.9oz (82g)

Amount per Serving

**CALORIES**

**140**

% Daily Value\*

Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 390mg	17%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 182mg	15%
Iron 1mg	6%
Potassium 181mg	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.

**6g**  
OF PROTEIN  
PER SERVING

**GLUTEN  
FREE**

**0g**  
TRANS FAT  
PER SERVING

## 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!