



Bean and Cheese Empanada, 5.2oz IW

Date: 6.25.24
Superseding: 6.19.24

Buena Vista Food Products, 823 W. 8th Street, Azusa, CA 91702 626.815.8859
Buena Vista is a Peanut Free and Tree Nut free facility.

Product Information

Product Name:	WG Bean and Cheese Empanada, 5.2oz IW
Item Number:	50451 IW

USDA Meal Contribution / Formulation Statement

GRAINS

Does product meet Whole Grain Rich criteria? (at least 50% or 1st ingredient?)	Yes, WG Corn Meal and Whole Wheat	Contains: Wheat, Milk May Contain: Egg, Soy *This product is manufactured in a facility that processes Wheat, Milk, Egg and Soy
Does product contain non-creditable grains?	NO	

Grain Crediting by Weight: 2.0 oz eq

Description of Creditable Grain Ingredient?	Grams of Creditable Grain ingredient per Portion? (A)	Gram Standard of Creditable Grain per oz equivalent? (B)	Creditable Amount (A/B)
Whole Wheat Flour	7.52	16	0.47
Enriched Wheat Flour	16.1	16	1
Whole Grain Cornmeal	8.7	16	0.54

Total Creditable Amount by Weight: 2.0 eq.

Grain Crediting by Exhibit A: 2.0 oz eq.

Exhibit A: Group (A-I)	Description of Product	Portion Size of Product as Purchased (A)	Weight of one ounce equivalent as listed in SP-30-2012 (B)
Group B	Pizza Crust (meat alt filled)	5.2 oz (crust 2oz)	1.0 oz
Whole Grain Grams Per Serving:	16.22 g		2 oz / 1.0 oz = 2.0

Meat/Meat Alternate Crediting 2oz eq.

Description of Creditable Ingredient per FBG?	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield / Servings per Unit	Creditable Amount
Natural Cheese, Cheddar	0.89	X	1 oz	0.89
Beans, Refried Beans	1.51	X	7.08/16	0.67
Beans, Pinto Frozen	1.01	X	7.33/16	0.46

Total Creditable M/MA Amount: 2oz MA

Legume Crediting: 1/2 cup

Description of Creditable Ingredient per FBG?	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield / Servings per Unit	Creditable Amount (1/2 cups)
Refried Beans, Low Fat	1.51	X	49.60/115	0.65
Pinto Beans, No Fat	1.01	X	49.60/108	0.38

Total Creditable Legume: 1/2 cup - Beans & legume vegetables may be counted towards the meat/meats alternatives or vegetable components, but not as both simultaneously.

Product Details:

Units per Case:	80 units/cs
Case Cube:	0.98 f^3
Case Gross Weight:	27 #
Case Net Weight:	26 #
Case Dimensions (in):	15.375 X 12.75 X 8.625
Pallet Tie:	8 x 9
GTIN-12 Code:	0711341504514 IW
Manufacture Date Example:	Manufacture Date/Julian Date/Year (MD/51/23)
Cooking Instructions:	Either Convection or Conventional Oven: Preheat oven to 325°F using high fan. Arrange product in a single layer on baking sheet. Bake for 15-17 minutes. This product must be cooked to internal temperature of 165 degrees.
Storage Requirements:	Store Frozen at 0F
Shelf Life:	18 Months Frozen

Ingredients:

Crust: Whole Grain (Cornmeal, Whole Wheat Flour), Enriched Wheat Flour (enriched with niacin, iron, thiamine mononitrate, riboflavin, malted barley and folic acid), Water, Canola Oil, Wheat Gluten, Sugar, Citric Acid, Salt, Yeast, Fumaric Acid, Ascorbic Acid. Filling: Refried Beans, Pinto Beans, Reduced Fat Cheddar Cheese, Chili Seasoning, Rice Flour.

I certify the above is true and correct:

Laura Bruno, RD, SNS
President, Buena Vista Foods



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat		11g	14%	Total Carbohydrate	42g 15%
Saturated Fat		4g	20%	Dietary Fiber	4g 14%
Trans Fat		0g		Total Sugars	2g
Cholesterol		25mg	8%	Includes 2g Added Sugars 4%	
Sodium		430mg	19%	Protein 13g	
Calories per serving		310			
Vitamin D		0mcg	0%	Calcium 181mg 15% • Iron 2mg 10%	
Potassium		243mg	6%		

*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.