



# WG Bean and Cheese Empanada, IW

Date: 10.9.24  
Superseding: 6.25.24

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, IW, 5.2oz |
| Item Number:  | 50451                                  |

## 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, Soy<br>May Contain: Egg<br>*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, Soy Lecithin.

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 |  | <b>310</b>     |                |                                  |                |
| 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.