



WG Black Bean and Cheese Empanada, IW

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.

Date: 8.9.23
Superseding: 7/17/23

Product Information

Product Name:	WG Black Bean and Cheese Empanada, IW, 5.2 oz
Item Number:	50461

USDA Meal Contribution/Formulation Statement:

GRAINS

Does product meet Whole Grain Rich criteria? (at least 50% or 1st ingredient?)	Yes, 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 Grain Cornmeal	16.22	16 g	1.01
Enriched Wheat Flour	16.1	16 g	1.00
Total Creditable Amount By Weight: 2.0 oz grain eq.			2.01 oz

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 2 oz)	1.0 oz
Whole Grain Grams per serving:	16.22g.		(2 oz/1.0 = 2 oz eq.)

Meat/Meat Alternate Crediting: 2.0 oz eq.

Description of Creditable Ingredient per FBG?	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Servings per unit	Creditable Amount
Natural Cheese, Monterey Jack	0.65	X	1 oz	0.65
Natural Cheese, Cotija	0.35	X	1 oz	0.35
Refried Black Beans	2.51	X	47.10/108	1.09
Total Creditable M/MA Amount: 2 oz MA			2.09 oz	

Legume Crediting: 1/4 cup

Description of Creditable Ingredient per FBG?	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Servings per unit	Creditable Amount (1/4 cups)
Refried Black Beans	2.51	X	49.60/115	1.08
Total Creditable Legume: 1/4 cup				

Packaging

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:	0711341504613
Case/Pack Coding System Example:	Manufacture Date/Julian Date/Year (MD/51/20)
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 0°F
Shelf Life:	18 Months Frozen

Ingredients:

Crust: Whole Grain Cornmeal, Enriched Wheat Flour (enriched with niacin, iron, thiamine mononitrate, riboflavin, malted barley and folic acid), Water, Canola Oil Sugar. Contains Less than 2% of: Yeast, Salt. Filling: Refried Black Beans, Monterey Jack Cheese, Cotija Cheese, Chili Seasoning, Rice Flour.

Baked Nutritional Information:

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 13g	17%	Total Carbohydrate 45g	16%
Saturated Fat 6g	30%	Dietary Fiber 7g	25%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 30mg	10%	Includes 2g Added Sugars	4%
Sodium 480mg	21%	Protein 14g	
Vitamin D 0mcg 0% • Calcium 241mg 20% • Iron 3mg 15%			
Potassium 222mg 4%			
Calories per serving	340		

*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.