



002-061

Rico Cuban Croquettes – Chicken

Nutrition Facts

10 servings per container
Serving size 4 Croquettes (125g)

Amount Per Serving
Calories 310

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 510mg	22%
Total Carbohydrate 51g	19%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 2.3mg	15%
Potassium 110mg	2%

* The % Daily Value (DV) 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.

Handling / Storage

Keep product frozen until use. This product has a shelf life of 1 year.

Cooking Instructions

For Food Safety and Quality follow these Cooking Instructions: Fully thaw prior to cooking. Pre-heat enough oil to fully cover product. Deep fry at 350 F until golden brown. Minimum internal temperature reached should be at 166 F as measured with a food thermometer. Let stand for 2 minutes.

Lot Number Breakdown

07 04 26
Month Day Year
Production date plus 1 year

Ingredients

Breading Ingredients: Water, bread crumbs (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), water, high fructose corn syrup, yeast, salt, vegetable oil (soybean, cottonseed and/or canola), sugar, may contain 2% or less of the following: wheat gluten, dextrose, soy flour, whey, calcium propionate (preservative), sodium stearoyl lactylate (dough conditioner), mono- and diglycerides, soy lecithin, molasses, honey, whole wheat flour, corn flour, cornmeal, citric acid, grain vinegar, wheat starch, corn starch, potato flour, rice flour, wheat bran, oat fiber, calcium sulfate, datem, potassium iodate, guar gum, calcium phosphate, enrichment (vitamin e acetate, vitamin a palmitate, vitamin d3), lactic acid, ascorbic acid (dough conditioner), spice & coloring, natural and artificial flavor, sesame seeds), batter mix (yellow corn flour, bleached wheat flour, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, guar gum, nonfat milk, spices, and eggs), spices.

Filling Ingredients: water, potato flakes (potatoes, emulsifier mono- and diglycerides of fatty acids (e 471) – based on rapeseed oil, antioxidants ascorbic acid (e 300) and citric acid (e 330)), chicken thighs, all-purpose flour (bleached wheat flour, dextrose, yeast, salt), corn starch, onions, margarine (vegetable oil (canola, cottonseed and/or soybean oils), palm and palm kernel oils, water, salt, soy lecithin (emulsifier), sodium benzoate (preservative), mono- and diglycerides (mono- and diglycerides, mixed tocopherols, ascorbic acid, citric acid (antioxidants)), artificial flavor, vitamin a palmitate, beta carotene (color)), sazón with culantro and achiote (soy, monosodium glutamate, garlic, tricalcium phosphate, onion, coriander, oregano, black pepper, annatto, paprika, spices, soybean oil, fd&c yellow #5, fd&c yellow #6, fd&c red 40), garlic, salt, red pepper, black pepper.

Allergen Information

Wheat, Soy, Milk, Eggs, Sesame Seeds.

Specifications

UPC	Unit Wt.	Size	Case	Pack
45364-83011	1.1 oz	Regular	1	40

Case Dimensions

Length	Width	Height	Cube	Net Weight	Gross Weight
10.0"	06.0"	03.0"	0.104	40 oz (2.5 lb)	64 oz (4.0 lb)

Pallet Dimensions

Pallet Tier	Pallet Height	Pallet Count
26	13	338

Pick-ups

Pick-ups by appointment only with temperature controlled refer trucks only.

Company Information

Manufacturer: RICO FOODS, INC.
Address: 527 EAST 18TH ST, PATERSON, NJ 07514
Contact: 973-278-0589
E-mail: CHRISTINE@RICOFOOD.COM
Website: www.RICOFOOD.com

