



Cassava Empanadas – Ingredient List

Gluten-free, corn-free, yeast-free, soy-free. Contains: milk, eggs.

No artificial colors or flavors.

We cook ALL our veggies & meats with 100% Pure Coconut Oil or Butter.

Dough ingredients (all empanadas): cassava-root starch, rice flour, cheese (milk, cheese cultures, salt, enzymes, cellulose, potato starch), milk, butter (cream, salt), eggs, tomato paste (tomatoes), sea salt.

- **Beef & Cheddar Filling:** 100% grass-fed beef, cheese (milk, cheese cultures, salt, enzymes, cellulose, potato starch), onions, bell peppers, spices.
- **Chicken Filling:** skin-less chicken thighs, cheese (milk, cheese cultures, sea salt, enzymes, cellulose, potato starch), onions, bell peppers, carrots, sweet potatoes, milk, butter, eggs, tomato paste, spices.
- **Bacon, Egg & Cheese Filling:** egg, bacon (pork, water, salt, turbinado sugar, seasoning, celery juice, sea salt), cheese (milk, cheese cultures, salt, enzymes, cellulose, potato starch), milk, spices.
- **Spinach-Mushroom Filling:** mushrooms, spinach, cheese (milk, cheese cultures, salt, enzymes, cellulose, potato starch), garlic, butter (cream, salt), sea salt.
- **Steak Filling:** sirloin steak, cheese (milk, cheese cultures, salt, enzymes, cellulose, potato starch), red onions, carrots, sweet potatoes, sesame seeds, spices.

- **Roasted Veggie Filling:** broccoli, cauliflower, zucchini, cheese (milk, cheese cultures, salt, enzymes, cellulose, potato starch), butter, spices.
- **Braised Pork Filling:** pork shoulder, onions, carrots, sweet potatoes, sugar, spices.
- **Apple Filling:** granny smith apples, dates, sugar, cinnamon, nutmeg, lemon juice, butter (cream, salt), eggs.
- **Greek Filling:** skin-less chicken thighs, feta cheese (milk, cheese cultures, salt, enzymes, cellulose, potato starch), dates, Kalamata olives, onions, roasted garlic, butter (cream, salt), spices.
- **Huevos Rancheros (vegetarian) Filling:** eggs, cheese (milk, salt, enzymes, cheese cultures, potato starch, cellulose), red beans, bell peppers, spices.
- **Huevos Rancheros Filling:** sirloin steak, eggs, cheese (milk, salt, enzymes, cheese cultures, potato starch, cellulose), red beans, bell peppers, sesame seeds, spices.
- **Smoked Sausage Filling:** sausage (pork, beef, water, sea salt, natural flavor, roasted garlic, organic evaporated cane syrup), cheese (milk, salt, enzymes, cheese cultures, potato starch, cellulose), tomato paste (tomatoes), oregano.
- **Guava & Cream Cheese Filling:** cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan/guar gums), guava jelly (guava pulp, sugar, pectin and citric acid).
- **Beef & Marinara Filling:** 100% grass-fed beef, cheese (milk, salt, enzymes, cheese cultures, potato starch, cellulose), tomato paste (tomatoes), oregano.