



# AL PASTOR PUPUSAS

Our Al Pastor Pupusas are full of delicious and fresh ingredients. We pack them with cheese and marinated pork to create a mildly spicy, rich flavor, perfect for the whole family to enjoy. Top it with curtido, freshly made salsa or stuff it with Del Real Foods Carnitas, Barbacoa or Refried Beans.

**0g**  
TRANS FAT  
PER SERVING

**GLUTEN  
FREE**

**CONTAINS  
MILK**

## INGREDIENTS

MASA :Whole Cooked Corn, Canola oil, Cultured dextrose, Salt. Trace of Lime. FILLING: Pork, Adobo [(Water, Seasoning (Chili Pepper, Red Pepper, Garlic powder, Salt, Spices), Apple Cider Vinegar, Salt], Onion, Mozzarella cheese (pasteurized part skim milk, cheese culture, salt, enzymes), Modified corn starch.

## NUTRITION FACTS

Serving Size:	1 Pupusa (150g)
Amount per Serving	
<b>CALORIES</b>	<b>270</b>
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 560mg	24%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 233mg	4%

\*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.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## COOKING INSTRUCTIONS

### MICROWAVE

1. Wrap each Pupusa in a damp paper towel and place in a microwave safe plate.
2. Microwave for 1:15-1:30 minutes or until hot.
3. Let sit for about 1 minute. Enjoy.

Note: Microwave ovens vary in rates of heating. Times given are approximate.

### STOVETOP

1. Pre-heat a non-stick pan over medium heat.
2. Place Pupusa on pan and heat for 2 to 3 minutes per side or until inside is hot.
3. Let it sit for a bout 1 minute. Enjoy.