Athenian Foods

3oz SPINACH PUFFS (SPANAKOPITA)

A COMBINATION OF SPINACH, FETA CHEESE AND SPICES WRAPPED IN A FLAKY FILO DOUGH



SPECIFICATIONS:

ITEM NUMBER:	**002105 (3OZ)**
MEAT TYPE:	**N/A**
PACK SIZE:	**3 TRAYS OF 24-3 OZ PIECES**
CASE SIZE:	**13.5in x 18in x 4.25in**
NET WT.:	**3 OZ – 12 LBS**
SHIP WT.:	**3 OZ – 13.5 LBS**
CUBE:	**.60 CU.FT.**
PALLET CAPACITY:	**49 CASES**

INGREDIENT STATEMENT:
CHOPPED SPINACH, DICED ONIONS, FETA CHEESE (MADE FROM PASTEURIZED MILK, SALT, CHEESE CULTURE AND ENZYMES), VEGETABLE OIL (100% CANOLA OIL), PALM-SOY AP SHORTENING (NON- HYDROGENATED PALM AND SOYBEAN OILS) LIQUID WHOLE EGGS (CITRIC ACID ADD TO PRESERVE COLOR) CAKE FLOUR (BLEACHED WHEAT FLOUR), BREAD CRUMBS,DILL, WATER, FILO [ENRICHED NON-BROMINE BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CORN STARCH, DEXTROSE, MALTODEXTRIN, WHEAT GLUTEN, SALT, CANOLA OIL, PRESERVATIVES (CALCIUM AND/OR SODIUM PROPIONATE, POTASSIUM SORBATE) SALT, PARSLEY, BLACK PEPPER.
CONTAINS: MILK, WHEAT AND EGGS.

Nutrition Facts

about 12 servings per container
Serving Size **8 oz (227g)**

Calories **150**

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	13%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin A	4%
Vitamin C	15%
Calcium	10%
Iron	10%

*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.

SHIP:	**FROZEN**
STORAGE:	**FROZEN**
SHELF LIFE:	**FROZEN: 12 MONTHS**

COOKING INSTRUCTIONS:
Keep frozen until ready to prepare. Remove plastic cover. Appliances vary. Adjust baking time as needed.

Do not prepare in microwave oven or broiler.

CONVENTIONAL/CONVECTION OVEN
1. Preheat conventional oven to 375˚F (190˚C) or convection oven to 350˚F (176˚C).
2. Place entire tray in oven or desired portion onto baking sheet bottom side down. Do not separate pieces.
3. Bake on center rack of oven for 45 minutes to 60 minutes or until golden brown.

Careful, the product will be hot!

LOT CODE SYSTEM: JULIAN CODE
THE FIRST TWO DIGITS OF THE CODE REPRESENT THE LAST TWO DIGITS OF THE YEAR THE PRODUCT WAS PROCESSED. THE NEXT THREE NUMBERS REPRESENT THE DAY OF THE YEAR THE PRODUCT WAS PROCESSED.

EXAMPLE: LOT CODE # 26238 = AUG 26, 2026

THE FIRST TWO NUMBERS “26” ARE THE LAST TWO DIGITS OF THE YEAR 2026. THE NEXT THREE NUMBERS “238” CORRESPOND TO AUGUST 26 BEING THE 238TH DAY OF THE YEAR IN ACCORDANCE WITH THE JULIAN CALENDAR.