



EXPLORE THE WORLD FROM YOUR KITCHEN TABLE

HEALTHY MULTICULTURAL

Neilly's Healthy Snacks and appetizers

ALL NATURAL

NO PRESERVATIVES

NO MSG



Nutrition Facts
 Serving Size 3.5 oz (99 g)
 Servings per container 2

Amount Per Serving	
Calories 222	Calories from Fat 68
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat	
Cholesterol 38mg	13%
Sodium 106mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	
Vitamin A 218%	Vitamin C 43%
Calcium 72%	Iron 110%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts
 Serving Size 3.5 oz (99 g)
 Servings per container 2

Amount Per Serving	
Calories 200	Calories from Fat 200
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 1g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 1g	
Vitamin A 60%	Vitamin C 4%
Calcium 8%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts
 Serving Size 3.5oz (99 g)
 Servings per container 2

Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 370mg	15%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 8g	
Vitamin A 15%	Vitamin C 2%
Calcium 2%	Iron 8%

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For more information contact us at: sales@neillys.com or call 717-428-6431



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Nutrition Facts	
Serving Size 1 cup (154 g)	
Amount Per Serving	
Calories 179	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 48g	16%
Dietary Fiber 4g	16%
Sugars 22g	
Protein 1g	
Vitamin A	28% • Vitamin C 28%
Calcium	0% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Yellow Plantains, canola Oil

Nutrition Facts			
Serving Size 100 grams (100 grams)			
Amount Per Serving			
Calories 161	Calories from Fat 4		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol	0%		
Sodium 14mg	1%		
Total Carbohydrate 36g	12%		
Dietary Fiber 0g	1%		
Sugars 0g			
Protein 0g			
Vitamin A	0%	Vitamin C	36%
Calcium	0%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

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

Ingredients: Yuca, Water, Salt

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Products Specification Sheet

Description	UPC	Case Ct	Life	L x W x H	Temp Control?	Ti x Hi
Empanada Chicken Chipotle	1-88314-00063-0	10	24	16.43 x 12.31 x 5	Y	8 x 9
Empanada Beef & Vegetables	1-88314-00062-3	10	24	16.43 x 12.31 x 5	Y	8 x 9
Empanada Spinach Mushroom & Cheese	1-88314-00059-3	10	24	16.43 x 12.31 x 5	Y	8 x 9
Sweet Ripe Plantain (maduros)	1-88314-00061-6	8	24	16.43 x 12.31 x 5	Y	8 x 9
Yuca Fries (Yucas Fritas)	1-88314-00060-9	8	24	16.43 x 12.31 x 5	Y	8 x 9

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