

# El Monterey<sup>®</sup> Family Pack Beef, Bean & Cheese Flavor Chimichangas

Product # 01467

Frozen Mexican food that's a crowd favorite! Serve up El Monterey Beef, Bean & Cheese Flavor Chimichangas and your family will walk away satisfied and full. Frozen meal or frozen dinner ready in just minutes, this delicious chimichanga includes flavorful ground beef, savory beans, real cheddar cheese and authentic Mexican spices wrapped in a lightly-fried fresh-baked flour tortilla. Stock up on these chimichangas today! Whether you need a filling bite for lunch, easy dinner, or quick snack food, you can trust El Monterey frozen chimichangas to satisfy your craving for authentic Mexican flavors and spices and quiet your grumbling stomach.

Committed to quality and tradition, these El Monterey microwavable chimichangas deliver 8 grams of protein to keep you satisfied and help you power through the day. Enjoy authentic El Monterey Beef, Bean & Cheese Flavor Chimichangas at home or on-the-go in minutes! Bite into crispy oven-baked goodness in less than 30 minutes or zap your chimichanga in the microwave for authentic flavor in seconds. Stock up on El Monterey's wide variety of taquitos, single serve meals and frozen burritos for breakfast, lunch and dinner! You can find El Monterey Beef, Bean & Cheese Flavor Chimichangas in the frozen Mexican or frozen meals section in the yellow package!



## Ingredients

WATER WHEAT FLOUR Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), BEEF BEANS VEGETABLE OIL (Soybean, Canola and/or Corn Oil), PASTEURIZED PROCESS CHEDDAR CHEESE Pasteurized Process Cheddar Cheese (Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Phosphate, Milkfat, Sodium Hexametaphosphate, Salt, Vegetable Color [Annatto and Paprika Oleoresin]), CONTAINS 2% OR LESS Textured Vegetable Protein (Soy Flour, Caramel Color), Isolated Pea Product, Spices (with Paprika), Salt, Dough Conditioners (Yeast, Wheat Gluten, Sugar, Guar Gum, Modified Food Starch, Sodium Metabisulfite), Cheese Flavor (with Safflower Oil), Flavor, Savory Flavor (Yeast Extract, Water, Lactic Acid, Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Salt, Natural Flavors).

## Shelf Life

Frozen: 455 days AT OR BELOW 10° F; Refrigerated: NA

Case Pack	8/8/3.8 oz
Net Case WT (lbs)	15.2
Gross Case WT (lbs)	16.32
Case Cube	0.59
Case Dimensions	5.38 x 9.56 x 20
Tier and High	10 x 8
Cases per Pallet	80
Sell Unit UPC	0 71007 01467 3
Master Case UPC	1 00 71007 01467 0

## Nutrition Facts

Serving Size 1 CHIMICHANGA (108g)  
Serving Per Container 8

Amount Per Serving	
Calories 270	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 3g	12%
Sugars 0g	
Protein 8g	15%
Vitamin A	4%
Calcium	4%
Iron 15g	

\* Percent Daily Values based on a 2,000 Calorie Diet

# Cooking Instructions

## **Microwave From Frozen**

SETTING: HIGH (1,100 WATTS)

PLACE 1 CHIMICHANGA ON MICROWAVE SAFE PLATE.

FROZEN: 1 MINUTE 15 SECONDS. ADDITIONAL UNITS ADD: 1 MINUTE 15 SECONDS.

LET PRODUCT STAND 30 SECONDS BEFORE EATING.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING.

\*CAUTION: PRODUCT MAY BE HOT.\*

## **Conventional Oven From Frozen**

PREHEAT OVEN TO 375° F.

PLACE CHIMICHANGAS ON BAKING SHEET WITH 1 INCH BETWEEN CHIMICHANGAS.

BAKE UNCOVERED.

FROZEN: 28 MINUTES

LET PRODUCT STAND 30 SECONDS BEFORE EATING.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING.

\*CAUTION: PRODUCT MAY BE HOT.\*

AIR FRYER

PLACE 2 CHIMICHANGAS IN AIR FRYER BASKET.

FROZEN: COOK FOR 6 MINUTES, FLIP AND COOK FOR ADDITIONAL 6 MINUTES.

LET PRODUCT STAND 1 MINUTE BEFORE EATING.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING.

\*CAUTION: PRODUCT MAY BE HOT.\*

