

El Monterey® Signature Beef Enchiladas

Product # 30679



BEEF ENCHILADAS

SERVES ONE

Ingredients

BEEF ENCHILADA BEEF ENCHILADA (TORTILLA [WATER, CORN FLOUR TREATED WITH HYDRATED LIME, ENRICHED WHEAT FLOUR {ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID}, WHEAT GLUTEN, VEGETABLE OIL {SOYBEAN, CANOLA AND/OR CORN OIL}, SALT, TURMERIC, DOUGH CONDITIONERS {YEAST, SUGAR, GUAR GUM, MODIFIED FOOD STARCH}], WATER, COOKED SHREDDED BEEF [WITH BROTH, SALT], BEEF, ONION, OATS, CHIPOTLE PUREE [WATER, VINEGAR, CHIPOTLE JALAPENO, TOMATO PASTE, DRIED RED CHILI PEPPERS, GARLIC POWDER, ONION POWDER, SALT, SPICES], NATURAL FLAVOR, MODIFIED CORN STARCH, CHILI PEPPER, BEEF STOCK FLAVOR [BEEF STOCK, SALT, SOY SAUCE {WATER, SOYBEANS, SALT}], ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], PAPRIKA, SPICES, SALT, MONTEREY JACK CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES]), COOKED RICE COOKED RICE (WATER, RICE), WATER, TOMATOES TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), CHEDDAR CHEESE CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]), MONTEREY JACK CHEESE MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), BLACK BEANS, CONTAINS 2% OR LESS OF: TOMATO PASTE, CANOLA OIL, GUAJILLO CHILI

Nutrition Facts

Serving Size 1 PACKAGE (291g)	
Serving Per Container 1	
Amount Per Serving	
Calories 460	Calories from Fat 180
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 880mg	38%
Total Carbohydrate 53g	19%
Dietary Fiber 3g	11%
Sugars 4g	
Includes Added Sugars	
Protein 21g	
Calcium	20%
Iron 20g	

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

Shelf Life

Frozen: 365 days AT OR BELOW 10° F; Refrigerated: NA

Case Pack	8/1/10.25 oz
Net Case WT (lbs)	5.13
Gross Case WT (lbs)	6.7
Case Cube	0.41
Case Dimensions	6.56 x 8.06 x 13.44
Tier and High	17 x 6
Cases per Pallet	102
Sell Unit UPC	0 71007 30679 2
Master Case UPC	1 00 71007 30679 9

Cooking Instructions

Microwave From Frozen

SETTING: HIGH (1,100 WATTS)

VENT FILM IN CORNER ON THE RICE SIDE OF THE TRAY BEFORE COOKING.

COOK ON HIGH FOR 2 MINUTES, 30 SECONDS.

REMOVE TRAY FROM OVEN. PULL FILM BACK ON RICE SIDE AND STIR SIDE TO SIDE EVENLY.

RE-COVER AND COOK ON HIGH FOR 2 MINUTES, 20 SECONDS.

LET PRODUCT STAND 2 MINUTES BEFORE EATING.

REMOVE FILM CAREFULLY AND SERVE.

FOR FOOD SAFETY AND QUALITY, READ AND FOLLOW THESE COOKING INSTRUCTIONS.

COOK PRODUCT TO 165° F. KEEP FROZEN UNTIL USE.

DO NOT REFREEZE. REFRIGERATE OR DISCARD LEFTOVERS.

SINCE MICROWAVE OVENS VARY IN POWER, COOK TIME MAY NEED TO BE ADJUSTED.

CAUTION: PRODUCT MAY BE HOT.

