

# El Monterey® Signature Single Serve Shredded Steak, Cheese & Rice Chimichanga

Product # 18614

Looking for a protein-packed frozen Mexican meal that your family will not only enjoy, but can also make by themselves? Try El Monterey Signature Shredded Steak, Cheese & Rice Chimichanga! Wrapped in a lightly-fried oven-baked flour tortilla and featuring shredded steak, cheddar, mozzarella, Monterey Jack cheeses, green chilies, rice and authentic Mexican spices, this packaged frozen chimichanga satisfies in just minutes. Whether you're on-the-go, need a filling bite for lunch, easy dinner, or quick snack food, you can trust El Monterey frozen chimichangas to satisfy your craving. Committed to quality and tradition, this El Monterey microwavable chimichanga delivers 11 grams of protein to keep you satisfied and help you power through the day. Just toss them into the microwave for quick snack food or pop them into the oven (or air fryer) for a crispier quick start meal! You can find El Monterey Signature Shredded Steak & Three-Cheese Chimichanga in the frozen dinners or frozen meals section in the red package! Also look for El Monterey's wide variety of other frozen Mexican food favorites like taquitos, single serve meals and frozen burritos for breakfast, lunch and dinner!



## Ingredients

Signature Shredded Steak & Three-Cheese Chimichanga **INGREDIENTS** FLOUR TORTILLA (Enriched Wheat Flour [Enriched with Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Oil (Soybean, Canola, and/or Corn Oil), Salt, Dough Conditioners (Yeast, Wheat Gluten, Sugar, Guar Gum, Modified Food Starch), WATER COOKED BEEF STEAK Cooked Beef Steak (with Broth, Salt), THREE CHEESES Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto Color), Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Monterey Jack Cheese with Peppers (Pasteurized Milk, Jalapeno Peppers, Cheese Cultures, Salt, Acetic Acid, Calcium Chloride, Enzymes), GREEN CHILI Green Chilies (with Citric Acid, Calcium Chloride), TOMATOES Tomatoes (with Juice, Citric Acid, Calcium Chloride), **CONTAINS 2% OR LESS** Precooked Long Grain Rice (Enriched with Niacin, Iron, Thiamin Mononitrate, Folic Acid), Vegetable Oil (Soybean, Canola, and/or Corn Oil), Modified Corn Starch, Jalapeno Pepper (with Salt, Acetic Acid, Calcium Chloride), Dehydrated Onion, Beef Flavor (with Beef Broth, Beef Fat, Flavor, Salt), Natural Flavor, Salt, Spices, Ground Chili Pepper, Dough Conditioners (Yeast, Wheat Gluten, Sugar, Guar Gum, Modified Food Starch). Contains: Wheat, Milk.

## Shelf Life

Frozen: 455 days AT OR BELOW 10° F

Case Pack	24/1/4.5 oz
Net Case WT (lbs)	6.75
Gross Case WT (lbs)	7.26
Case Cube	0.369
Case Dimensions	8.5 x 8 x 9.38
Tier and High	26 x 5
Cases per Pallet	130
Sell Unit UPC	0 71007 18614 1
Master Case UPC	1 00 71007 18614 8

## Nutrition Facts

Serving Size 1 CHIMICHANGA (128g)  
Serving Per Container 1

Amount Per Serving	
<b>Calories</b> 280	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
Protein 11g	<b>12%</b>
Vitamin A	<b>4%</b>
Vitamin C	<b>20%</b>
Calcium	<b>8%</b>
Iron 15g	

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

# Cooking Instructions

## **Microwave From Frozen**

SETTING: HIGH (1,100 WATTS)

COOK ONE CHIMICHANGA AT A TIME.

OPEN ONE END OF PACKAGE TO VENT.

FROZEN: 1 MINUTE 20 SECONDS

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.\*

## **Conventional Oven From Frozen**

PREHEAT OVEN TO 375° F.

REMOVE BURRITO FROM PACKAGE

PLACE ON BAKING SHEET WITH LOW SIDES.

FROZEN: COOK FOR 10 MINUTES, FLIP AND COOK FOR ADDITIONAL 10 MINUTES.

LET PRODUCT STAND 2 MINUTES BEFORE EATING.

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

SINCE OVENS MAY VARY, COOKING TIMES MAY REQUIRE ADJUSTING.

\*CAUTION: PRODUCT MAY BE HOT.\*

