

# El Monterey® Signature Three Cheese Quesadillas

Product # 60862

Looking for a convenient and delicious frozen dinner entree in a single-serve package? El Monterey Signature Three Cheese Quesadilla is a charbroiled three-cheese quesadilla meal served with yellow Spanish rice and topped with a creamy queso sauce to satisfy your craving. El Monterey Signature meals are made from a traditional family recipe and then quickly frozen to lock in savory flavor. You can now enjoy authentic frozen Mexican food without leaving the comfort of home! Single-serve frozen dinners from El Monterey are a delicious and convenient meal that makes lunch or dinner easy with authentic Mexican flavor and is ready in minutes in your microwave! You can find El Monterey Signature Three Cheese Quesadilla in the frozen meals or frozen dinners section! 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!



THREE CHEESE QUESADILLA

SERVES ONE

## Ingredients

CHEESE QUESADILLA (FLOUR TORTILLA [WATER, STONEGROUND WHOLE GRAIN CORN MASA {WITH CELLULOSE GUM, TRACE OF LIME}, ENRICHED WHEAT FLOUR {ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID}, WHEAT GLUTEN, WHEAT STARCH, VEGETABLE OIL {SOYBEAN, CANOLA AND/OR CORN OIL}, SALT, DOUGH CONDITIONERS {YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED FOOD STARCH}], MONTEREY JACK CHEESE WITH PEPPERS [PASTEURIZED MILK, JALAPENO PEPPERS, CHEESE CULTURES, SALT, ACETIC ACID, CALCIUM CHLORIDE, ENZYMES], LOW MOISTURE MOZZARELLA CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], GREEN CHILI PEPPERS [WITH SALT, CITRIC ACID, CALCIUM CHLORIDE], MONTEREY JACK CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], WATER, RED BELL PEPPER, MODIFIED CORN STARCH, JALAPENO PEPPERS [JALAPENOS, SALT, ACETIC ACID]), COOKED RICE (WATER, RICE), WATER, BLACK BEANS, CANOLA OIL, RED BELL PEPPERS, CORN, CONTAINS 2% OR LESS OF CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), GREEN CHILI PEPPERS (GREEN CHILI PEPPERS, SALT, CITRIC ACID), CHICKEN BASE (COOKED CHICKEN WITH NATURAL JUICES, SALT, MALTODEXTRIN, CHICKEN FAT, SUGAR, DRIED WHEY, NATURAL FLAVORING [DEHYDRATED ONION, SPICE

## Nutrition Facts

Serving Size 1 Bowl (283g)  
Serving Per Container 1

Amount Per Serving	
Calories	580
% Daily Value*	
Total Fat	29g37%
Saturated Fat	11g55%
Trans Fat	0.5g
Cholesterol	50mg17%
Sodium	830mg36%
Total Carbohydrate	59g21%
Dietary Fiber	3g11%
Sugars	3g
Protein	21g
Calcium	30%
Iron	10g
Potassium	6%

\* 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 oz
Net Case WT (lbs)	5
Gross Case WT (lbs)	6.6
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 60862 9
Master Case UPC	1 00 71007 60862 6

# Cooking Instructions

## **Microwave From Frozen**

SETTING: HIGH (1,100 WATTS)

COMPLETELY REMOVE FILM FROM TRAY BEFORE COOKING. COOK ON HIGH FOR 2 MINUTES. REMOVE TRAY FROM MICROWAVE OVEN, AND STIR RICE SIDE TO SIDE EVENLY. COOK ON HIGH FOR AN ADDITIONAL 2 MINUTES AND 20 SECONDS.

LET PRODUCT STAND 1 MINUTE BEFORE EATING.

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.\*

