

# El Monterey® Signature Cheese Enchiladas

Product # 31810

CHEESE ENCHILADAS CHEESE ENCHILADAS (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}], CHEDDAR CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR], WATER, MONTEREY JACK CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES], LOW-MOISTURE MOZZARELLA CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES], GREEN CHILI PEPPERS [WITH SALT, CITRIC ACID, CALCIUM CHLORIDE], MODIFIED CORN STARCH, SALT, SPICES, GRANULATED GARLIC), COOKED RICE COOKED RICE (WATER, RICE), WATER, TOMATILLOS, GREEN CHILI PEPPERS GREEN CHILI PEPPERS (GREEN CHILI PEPPERS, SALT, CITRIC ACID), CHEDDAR CHEESE CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]), MONTEREY JACK CHEESE MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), BLACK BEANS, CONTAINS 2% OR LESS OF PEAS, CARROTS, ONION, TOMATO PASTE, MODIFIED FOOD STARCH, SOYBEAN OIL, JALAPENO PEPPERS (JALAPENO PEPPERS, SALT, ACETIC ACID, CALCIUM CHLORIDE), SERRANO PEPPERS, CILANTRO, WHEAT FLOUR, SALT, LIME JUICE CONCENTRATE, CHICKEN BROTH



**CHEESE ENCHILADAS**

**SERVES ONE**

## Ingredients

CHEESE ENCHILADAS CHEESE ENCHILADAS (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}], CHEDDAR CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR], WATER, MONTEREY JACK CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES], LOW-MOISTURE MOZZARELLA CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES], GREEN CHILI PEPPERS [WITH SALT, CITRIC ACID, CALCIUM CHLORIDE], MODIFIED CORN STARCH, SALT, SPICES, GRANULATED GARLIC), COOKED RICE COOKED RICE (WATER, RICE), WATER, TOMATILLOS, GREEN CHILI PEPPERS GREEN CHILI PEPPERS (GREEN CHILI PEPPERS, SALT, CITRIC ACID), CHEDDAR CHEESE CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]), MONTEREY JACK CHEESE MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), BLACK BEANS, CONTAINS 2% OR LESS OF PEAS, CARROTS, ONION, TOMATO PASTE, MODIFIED FOOD STARCH, SOYBEAN OIL, JALAPENO PEPPERS (JALAPENO PEPPERS, SALT, ACETIC ACID, CALCIUM CHLORIDE), SERRANO PEPPERS, CILANTRO, WHEAT

## 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 31810 8
Master Case UPC	1 00 71007 31810 5

## Nutrition Facts

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

Amount Per Serving

**Calories 480**

**% Daily Value\***

<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 830mg	<b>36%</b>
<b>Total Carbohydrate</b> 52g	<b>19%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 3g	
Protein 21g	
<b>Calcium</b>	<b>35%</b>
<b>Potassium</b>	<b>6%</b>

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

# 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.

