

# El Monterey® Chicken Tamales 5 oz

Product # 50757

It's not every day a customer finds delicious, handmade tamales while they're on the go. The perfectly seasoned chicken is wrapped in traditional, soft corn masa and a sustainable, biodegradable, heat-resistant wrapper, then steam cooked.

- Ideal for C-stores, foodservice, cafeteria, catering or concessions
- Crafted with a deliciously seasoned and soft corn masa shell
- Perfect for a grab-and-go snack or meal
- Best served from a steamer. Can also be served from a warming display case or warming tray.
- Ready in minutes from tamale steamer/point-of-sale display units
- Shelf-life guidelines: Frozen — 455 days at or below 10° F, Refrigerated — 7 days at or below 40° F
- Case Pack Info: 60 tamales per case (5 oz. each)



CHICKEN	60 PER CASE
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## Ingredients

WATER, TAMALE FLOUR (STONEGROUND CORN MASA FLOUR, TRACE OF LIME), COOKED CHICKEN MEAT (WHITE CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATE), GREEN CHILI (GREEN CHILI, CITRIC ACID), VEGETABLE OIL (SOYBEAN, CANOLA AND/OR CORN OIL), PROCESS MONTEREY JACK CHEESE BLEND (MONTEREY JACK CHEESE [CULTURED MILK, SALT, ENZYMES], WATER, SKIM MILK, MODIFIED FOOD STARCH, PALM OIL, SODIUM PHOSPHATE, SALT), PROCESS CHEDDAR CHEESE PRODUCT (WATER, CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES], MODIFIED FOOD STARCH, PALM OIL, SODIUM PHOSPHATE, SKIM MILK, SALT, ANNATTO [COLOR]), CONTAINS 2% OR LESS MODIFIED CORN STARCH, SALT, CHEESE FLAVOR (CORN SYRUP SOLIDS, CHEDDAR CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES], SALT, YEAST EXTRACT, DISODIUM PHOSPHATE, NATURAL FLAVORS, ANNATTO [COLOR]), JALAPENO PEPPERS (WITH SALT, ACETIC ACID, CALCIUM CHLORIDE), CHILI PEPPER, CHICKEN FLAVOR (YEAST EXTRACT, SALT, WHEAT FLOUR, SUGAR, SMOKED TORULA YEAST, RENDERED CHICKEN FAT, NATURAL FLAVORS, POWDERED CHICKEN), SPICES, NATURAL FLAVOR. CONTAINS: WHEAT, MILK

## Shelf Life

Frozen: 455 days AT OR BELOW 10° F; Refrigerated: 7 days AT OR BELOW 40° F

Case Pack	1/60/5 oz
Net Case WT (lbs)	18.75
Gross Case WT (lbs)	21.59
Case Cube	0.73
Case Dimensions	7.63 x 10.56 x 15.56
Tier and High	10 x 5
Cases per Pallet	50
Sell Unit UPC	
Master Case UPC	1 00 71007 50757 8

## Nutrition Facts

Serving Size 1 TAMALE (142g)  
Serving Per Container 1

Amount Per Serving	
Calories 280	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 870mg	36%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 9g	
Vitamin A	8%
Vitamin C	10%
Calcium	10%
Iron 15g	

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

## Cooking Instructions

Combination From Frozen

\*REMOVE PARCHMENT PAPER PRIOR TO EATING\*  
TAMALES ARE COOK-AND-SERVE PRODUCTS AND SHOULD BE COOKED TO AN INTERNAL TEMPERATURE THAT REACHES OR EXCEEDS 165°F.

Microwave From Frozen

SETTING: HIGH (1,100 WATT)  
LEAVE PLASTIC WRAP ON TAMALES.  
PLACE TAMALES ON MICROWAVABLE PLATE.  
FROZEN: 2 MINUTES 30 SECONDS  
LET STAND 1 MINUTE BEFORE SERVING.  
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.\*

Steamer From Frozen

POUR APPROXIMATELY 1" OF CLEAN WATER INTO THE BOTTOM OF THE STEAMER UNIT.  
PLACE THE DRAIN RACK IN THE BOTTOM OF THE TAMALES INSERT PAN AND ADD 1 MORE INCH OF CLEAN WATER.  
PLUG STEAMER UNIT INTO STANDARD 110V RECEPTACLE AND TURN TEMPERATURE DIAL TO "10" OR "HIGH" SETTING.  
BRING WATER TO BOIL IN A STEAMER WITH A DRAIN RACK.  
LEAVING THE PLASTIC WRAP ON, PLACE THE TAMALES IN THE STEAMER UNIT MEAT SIDE UP AND CLOSE LID.  
PLACE DESIRED AMOUNT OF TAMALES IN STEAMER.  
DO NOT PACK TAMALES TOO TIGHT.  
COVER AND STEAM ON HIGH HEAT UNTIL CORE TEMPERATURE IS 165°F.  
COOK FOR 1 HOUR 30 MINUTES  
LET STAND 1 MINUTE BEFORE SERVING.  
FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.  
SINCE STEAMERS VARY, COOKING TIMES MAY REQUIRE ADJUSTING.  
\*CAUTION: PRODUCT MAY BE HOT.\*

Microwave From Thawed

SETTING: HIGH (1,100 WATT)  
LEAVE PLASTIC WRAP ON TAMALES.  
THAWED: 1 MINUTE  
LET STAND 1 MINUTE BEFORE SERVING.  
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.\*

Combination From Frozen

MICROWAVE (1,100 WATT) AND TAMALES STEAMER  
LEAVE PLASTIC WRAP ON TAMALES.  
FROZEN: 7 MINUTES AND PLACE IN STEAMER SETTING AT 6  
LET STAND 1 MINUTE BEFORE SERVING.  
FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH OR EXCEED 165°F.  
SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING.  
\*CAUTION: PRODUCT MAY BE HOT.\*

