

# El Monterey® Signature Chicken Fajita Bowl

Product # 00023

Looking for a convenient and delicious frozen dinner entree in a single-serve package? El Monterey Signature Chicken Fajita bowl has grilled chicken, fire-roasted onions and bell pepper strips, seasoned with fajita spices and served over Spanish-style rice to satisfy your craving. El Monterey Signature bowls are made from a traditional family recipe and then quickly frozen to lock in savory flavor. You can now enjoy authentic Mexican-style bowls 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 Chicken Fajita bowls 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!



## Ingredients

COOKED RICE (WATER, RICE), COOKED SEASONED CHICKEN WHITE MEAT STRIPS (CHICKEN WHITE MEAT, WATER, LESS THAN 2% SOY SAUCE [WATER, SOYBEANS, SALT, ALCOHOL], RICE STARCH, SALT, NATURAL FLAVORS, SPICES, FLAVOR [YEAST EXTRACT, CITRUS EXTRACT]), RED AND YELLOW BELL PEPPER STRIPS, WATER, TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), FIRE ROASTED RED ONION, CONTAINS 2% OR LESS ROASTED POBLANO CHILI, CANOLA OIL, CHICKEN BASE (COOKED MECHANICALLY SEPARATED CHICKEN, SALT, CHICKEN FLAVOR, MALTODEXTRIN, CHICKEN FAT, SUGAR, WHEY POWDER [MILK], ONION POWDER, EXTRACTIVES OF TURMERIC [COLOR], NATURAL FLAVOR), TOMATO PASTE, GUAJILLO CHILI PEPPER BASE (WATER, GUAJILLO CHILI, ONION PUREE, SEA SALT, CANE SUGAR, SPICES [MUSTARD], CILANTRO, GARLIC PUREE, SESAME SEEDS, PAPRIKA, CORN STARCH, CITRIC ACID), TOMATILLO, ONION, SPICES, MODIFIED FOOD STARCH, CHIPOTLE PUREE (CHIPOTLE PEPPER, WATER, SALT, VINEGAR), WHEAT FLOUR, SALT, CILANTRO, DEHYDRATED GARLIC, ANNATTO EXTRACT COLOR. CONTAINS: MILK, SOY, WHEAT, SESAME.

## Shelf Life

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

Case Pack	8/1/8 oz
Net Case WT (lbs)	4
Gross Case WT (lbs)	5.6
Case Cube	0.38
Case Dimensions	7.75 x 6.69 x 13.25
Tier and High	21 x 5
Cases per Pallet	105
Sell Unit UPC	0 71007 00023 2
Master Case UPC	1 00 71007 00023 9

## Nutrition Facts

Serving Size 1 Bowl (227g)  
Serving Per Container 1

Amount Per Serving	
<b>Calories</b>	<b>270</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 690mg	<b>30%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
Protein 13g	
Calcium	<b>2%</b>

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

# Cooking Instructions

## **Microwave From Frozen**

SETTING: (1,100 WATTS)

REMOVE TRAY FROM BOX. VENT FILM BEFORE COOKING.

FROZEN: COOK ON HIGH FOR 2 MINUTES. REMOVE TRAY FROM MICROWAVE OVEN AND STIR. COOK ON HIGH FOR AN ADDITIONAL 1 MINUTE 15 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.

