

# El Monterey® Signature Mexican-style Street Corn & Chicken Bowl

Product # 00141

Looking for a convenient and delicious meal option in a single-serve package? El Monterey Signature Mexican-Style Street Corn & Chicken has Mexican-style street corn, seasoned grilled chicken, red bell peppers and a parmesan and cotija cheese garnish. El Monterey Signature bowls are made from a traditional family recipe and then flash frozen to lock in savory flavor. You can now enjoy authentic Mexican-style flavors without leaving the comfort of home! Single-serve frozen meals 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 Mexican-Style Street Corn & Grilled Chicken 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!



MEXICAN-STYLE  
STREET CORN &  
GRILLED CHICKEN

SERVES  
ONE

## Ingredients

CORN BLEND (SUPER SWEET CORN AND FIRE ROASTED SUPER SWEET CORN), COOKED GRILLED SEASONED CHICKEN WHITE MEAT STRIPS (CHICKEN WHITE MEAT, WATER, LESS THAN 2% LEMON JUICE CONCENTRATE, SALT, VINEGAR), WATER, PARMESAN CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), RED BELL PEPPER, SOUR CREAM (CULTURED CREAM, NONFAT MILK, MICROBIAL ENZYMES), CREAM, TOMATILLOS, CONTAINS 2% OR LESS ONION, RICE STARCH, COTIJA CHEESE (PASTEURIZED WHOLE COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), GARLIC (GARLIC, CITRIC ACID), CILANTRO, SUGAR, SALT, JALAPENO PEPPER (JALAPENO, SALT, ACETIC ACID, CALCIUM CHLORIDE), SPICES, CANOLA OIL, LIME JUICE CONCENTRATE. CONTAINS: MILK.

## 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 00141 3
Master Case UPC	1 00 71007 00141 0

## Nutrition Facts

Serving Size  
Serving Per Container 1

Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat	10g13%
Saturated Fat	5g25%
Trans Fat	0g
Cholesterol	45mg15%
Sodium	710mg31%
Total Carbohydrate	29g11%
Dietary Fiber	3g11%
Sugars	7g
Protein	16g-4%
Calcium	15%

\* 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.

CAUTION: PRODUCT MAY BE HOT.

