

# El Monterey<sup>®</sup> Signature Single Serve Egg, Cheese & Jalapeno Burritos

Product # 14332

Start your day off right with El Monterey Signature Egg, Cheese & Jalapeño Breakfast Burrito packed with real scrambled eggs, pepper jack and American cheese, red bell peppers and jalapeno peppers wrapped with a fresh-baked flour tortilla. A perfect "meatless option"! This hearty breakfast is the perfect frozen meal for home or for when you're on the go. Committed to quality and tradition, this El Monterey microwavable breakfast burrito delivers 10 grams of protein to keep you satisfied and help you power through the day. This individually wrapped burrito is an ideal solution for morning, noon, and night. El Monterey frozen breakfast burrito only takes a few minutes in the microwave for a quick snack or pop into the oven (or air fryer) for a crispier quick start meal! You can find El Monterey Signature Egg, Cheese & Jalapeño Breakfast Burrito in the frozen breakfast section in the light blue package! 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!



**EGG, CHEESE & JALAPEÑO**

**ONE BURRITO**

## Ingredients

FLOUR TORTILLA (WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (SOYBEAN, CANOLA AND/OR CORN OIL), SALT, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED FOOD STARCH), SCRAMBLED EGGS (PASTEURIZED WHOLE EGGS, NONFAT MILK, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, XANTHAN GUM, CITRIC ACID, BUTTER FLAVOR (MALTODEXTRIN, NATURAL BUTTER FLAVOR, ANNATTO AND TURMERIC [ADDED FOR COLOR]), SPICE AND/OR LIQUID PEPPER EXTRACT), CHEESE SAUCE (WATER, CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], MODIFIED CORN STARCH, SOYBEAN AND/OR CANOLA OIL, WHEY, XANTHAN GUM, NONFAT DRY MILK, SALT, SODIUM PHOSPHATE, BUTTER OIL, SUGAR, YEAST EXTRACT, PAPRIKA AND ANNATTO [COLOR], NATURAL FLAVORS), PROCESS JACK AND AMERICAN CHEESE WITH PEPPERS PRODUCT (JACK AND AMERICAN CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SKIM MILK, PALM OIL, SODIUM PHOSPHATE, MODIFIED FOOD STARCH, PEPPERS (RED AND GREEN JALAPENO PEPPERS), SALT, LACTIC ACID), RED BELL PEPPER JALAPENO PEPPERS (WITH SALT, ACETIC ACID, WATER, CALCIUM CHLORIDE), CONTAINS 2% OR LESS PROCESS CHEDDAR CHEESE PRODUCT (WATER, PALM OIL, NATURAL CHEESE (MILK, CHEESE CULTURES, SALT,

## Shelf Life

Frozen: 455 days AT OR BELOW 10° F

Case Pack	24/1/4.5 oz
Net Case WT (lbs)	6.75
Gross Case WT (lbs)	7.26
Case Cube	0.369
Case Dimensions	8.5 x 8 x 9.38
Tier and High	26 x 5
Cases per Pallet	130
Sell Unit UPC	0 71007 14332 8
Master Case UPC	1 00 71007 14332 5

## Nutrition Facts

Serving Size 1 Burrito (128g)  
Serving Per Container 1

Amount Per Serving

**Calories 280**

**% Daily Value\***

<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 305g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
Protein 11g	<b>20%</b>
Calcium 93g	<b>8%</b>
Iron 10g	
Potassium	<b>2%</b>

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

# Cooking Instructions

## **Microwave From Frozen**

SETTING: HIGH (1,100 WATTS)

COOK ONE BURRITO AT A TIME. OPEN ONE END OF PACKAGE TO VENT.

FROZEN: 1 MINUTE 30 SECONDS

LET PRODUCT STAND 2 MINUTES BEFORE EATING.

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.\*

## **Conventional Oven From Frozen**

PREHEAT OVEN TO 350°F

REMOVE BURRITO FROM PACKAGE.

PLACE 1 INCH APART ON A BAKING SHEET WITH LOW SIDES.

FROZEN: COOK FOR 15 MINUTES, FLIP AND COOK FOR ADDITIONAL 15 MINUTES.

LET PRODUCT STAND 1 MINUTE BEFORE EATING.

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.\*

