

El Monterey® Egg, Sausage, Cheese & Potato Empanadas 3 oz

Product # 73557

Ideal for breakfast, these empanadas are packed with the perfect, filling combination of scrambled eggs, pork sausage, cheddar cheese, potatoes and green chilies. They're a proven, hot-case seller — in the A.M. or anytime of day.

- No condiments needed — ideal for C-stores, foodservice, cafeterias or catering
- Crafted with a deliciously flaky crust
- Perfect for a grab-and-go snack or meal
- Serve from a warming display case or warming tray
- Ready in minutes from standard oven types like conventional, convection or deep fryer
- El Monterey® Empanadas stay deliciously crispy for up to 4 hours in a warming unit.
- Shelf-life guidelines: Frozen — 455 days at or below 10° F, Refrigerated — 4 days at or below 40° F
- Case Pack Info: 24 Empanadas per case (3 packs of 8, 3 oz. each)



EGG, SAUSAGE, CHEESE AND POTATO	24 PER CASE
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Ingredients

Ingredients: Wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Scrambled egg product (liquid whole egg, skim milk, soybean oil, modified cornstarch, salt, xanthan gum, citric acid, butter flavour [maltodextrin, natural butter flavour, annatto and turmeric], spices), Pork sausage (pork, water, salt, spices, corn syrup solids, sugar, autolyzed yeast extract, spice extracts), Vegetable oil (soybean and/or canola and/or corn), Cheese sauce (water, cheddar cheese [milk, bacterial culture, salt, microbial enzymes], modified corn starch, soybean and/or canola oil, whey, xanthan gum, partly skimmed milk powder, salt, sodium phosphate, butter oil, sugar, yeast extract, paprika, annatto, natural flavours), Cheddar cheese (milk, bacterial culture, salt, microbial enzyme), Potatoes (potatoes, sea salt, canola oil), Batter mix(enriched wheat flour [enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], yellow corn flour, corn starch, salt, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], methylcellulose, onion powder, garlic powder, spices), Green chile peppers (with citric acid), Tomatoes (with tomato juice, citric acid, calcium chloride), Jalapeno puree (jalapeno peppers, salt, acetic acid), Modified cornstarch, Dextrose, Salt, Granulated garlic, Lactic acid, Spice, Guar gum, Sodium metabisulphite. Contains: Egg, Wheat, Milk.

Shelf Life

Frozen: 455 days AT OR BELOW 10° F; Refrigerated: 4 days AT OR BELOW 40° F

Case Pack	3/8/3 oz
Net Case WT (lbs)	4.5
Gross Case WT (lbs)	5.08
Case Cube	0.37
Case Dimensions	8.5 x 8 x 9.38
Tier and High	26 x 5
Cases per Pallet	130
Sell Unit UPC	
Master Case UPC	1 00 71007 73557 5

Nutrition Facts

Serving Size 1 EMPANADA (85g)
Serving Per Container 1

Amount Per Serving	
Calories 230	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 450mg	19%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 8g	
Vitamin A	4%
Vitamin C	2%
Calcium	10%
Iron 8g	

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

Cooking Instructions

Fry From Thawed

PREHEAT OIL IN FRYER TO 375° F

PLACE 4 THAWED EMPANADAS IN FRY BASKET.

PLACE LOADED FRY BASKET INTO PREHEATED OIL AND USE A BASKET LID TO PREVENT EMPANADAS FROM FLOATING.

THAWED: FRY FOR 4 MINUTES

LET REST FOR 1 MINUTE BEFORE SERVING

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT.

Convection Oven From Frozen

PREHEAT OVEN TO 350° F

PLACE 8 EMPANADAS ON A COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER.

FROZEN: COOK FOR 15 MINUTES

LET REST FOR 1 MINUTE BEFORE SERVING

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT.

Convection Oven From Thawed

PREHEAT OVEN TO 350° F

PLACE 8 EMPANADAS ON A COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER.

THAWED: COOK FOR 12 MINUTES

LET REST FOR 1 MINUTE BEFORE SERVING.

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT.

Conventional Oven From Frozen

PREHEAT OVEN TO 400° F

PLACE 8 EMPANADAS ON A COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER.

FROZEN: COOK FOR 16 MINUTES

LET REST FOR 1 MINUTE BEFORE SERVING

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT.

Conventional Oven From Thawed

PREHEAT OVEN TO 400° F

PLACE 8 EMPANADAS ON A COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER.

THAWED: COOK FOR 13 MINUTES

LET REST FOR 1 MNUTE BEFORE SERVING.

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT.

Turbo Chef From Frozen

TURBOCHEF ENCORE 2

PREHEAT OVEN TO 500° F

EVENT: 1, TIME%: 60, AIR%: 100, WAV%: 100

EVENT: 2, TIME%: 60, AIR%: 100, WAV%: 70

PLACE 4 EMPANADAS ON BASKET COOKING SHEET LINED WITH PARCHMENT PAPER AND USE SCREEN MESH TO COVER.

FROZEN: COOK FOR 1 MINUTE 50 SECONDS

LET REST FOR 1 MINUTE BEFORE SERVING

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT.

Turbo Chef From Refrigerated

TURBOCHEF ENCORE 2

PREHEAT OVEN TO 500° F

EVENT: 1, TIME%: 60, AIR%: 100, WAV%: 100

EVENT: 2, TIME%: 40, AIR%: 100, WAV%: 70

PLACE 4 EMPANADAS ON BASKET COOKING SHEET LINED WITH PARCHMENT PAPER AND USE SCREEN MESH TO COVER.

THAWED: COOK FOR 1 MINUTE 5 SECONDS

LET REST FOR 1 MINUTE BEFORE SERVING.

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT.

Other

MERRYCHEF E4S

SETTINGS: PRE-HEAT TO 475°F, FAN%: 90, WAV%: 70

PLACE 3 EMPANADAS ON COOKING SHEET LINED WITH PARCHMENT PAPER. USE SCREEN MESH TO COVER EMPANADAS

FROZEN: COOK FOR 2 MINUTES

LET REST FOR 1 MINUTE BEFORE SERVING.

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT

MERRYCHEF E4S

SETTINGS: PRE-HEAT TO 475°F, FAN%: 90, WAV%: 70

PLACE 3 EMPANADAS ON COOKING SHEET LINED WITH PARCHMENT PAPER. USE SCREEN MESH TO COVER EMPANADAS

THAWED: COOK FOR 1 MINUTE 25 SECONDS

LET REST FOR 1 MINUTE BEFORE SERVING.

TEMPERATURE OF THE FILLING MUST EXCEED 165°F. USE POCKET THERMOMETER FOR ACCURACY.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT