

El Monterey® Signature Chicken Quesadillas

Product # 60405

Looking for a convenient and delicious frozen dinner entree in a single-serve package? El Monterey Signature Chicken Quesadilla is a charbroiled chicken quesadilla meal served with red Spanish style rice and topped with a creamy queso sauce to satisfy your craving. El Monterey Signature meals are made from a traditional family recipe and then quickly frozen to lock in savory flavor. You can now enjoy authentic frozen Mexican food 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 Quesadilla 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!



CHICKEN QUESADILLA

SERVES ONE

Ingredients

CHICKEN & CHEESE QUESADILLA [FLOUR TORTILLA [WATER, STONEGROUND WHOLE GRAIN CORN MASA (WITH CELLULOSE GUM, TRACE OF LIME), WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT GLUTEN, WHEAT STARCH, VEGETABLE OIL (SOYBEAN, CANOLA AND/OR CORN OIL), DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED FOOD STARCH)], CHARBROILED WHITE CHICKEN MEAT [WHITE CHICKEN MEAT (WATER, RICE STARCH, SALT, SODIUM PHOSPHATE), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), MONTEREY JACK CHEESE WITH PEPPERS (PASTEURIZED MILK, JALAPENO PEPPERS, CHEESE CULTURES, SALT, ACETIC ACID, CALCIUM CHLORIDE, ENZYMES), WATER, GREEN CHILI PEPPERS (WITH SALT, CITRIC ACID, CALCIUM CHLORIDE), RED BELL PEPPER, TOMATOES (WITH JUICE, CITRIC ACID, CALCIUM CHLORIDE), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: ONION, JALAPENO PUREE (JALAPENO PEPPERS, SALT, ACETIC ACID, WATER, CALCIUM CHLORIDE), TOMATO PASTE (TOMATOES), NATURAL FLAVOR, CHILI PEPPER, SALT, SPICES)], COOKED RICE (WATER, RICE), TOMATOES (TOMATOES, TOMATO PUREE, TOMATO JUICE, CITRIC ACID), WATER, CANOLA OIL, RED BELL PEPPER, FIRE ROASTED SUPER SWEET CORN, CONTAINS 2% OR LESS OF CHEDDAR CHEESE (CULTURED

Shelf Life

Frozen: 365 days AT OR BELOW 10° F; Refrigerated: NA

Case Pack	8/1/10 oz
Net Case WT (lbs)	5
Gross Case WT (lbs)	6.6
Case Cube	0.41
Case Dimensions	6.56 x 8.06 x 13.44
Tier and High	17 x 6
Cases per Pallet	102
Sell Unit UPC	0 71007 60405 8
Master Case UPC	1 00 71007 60405 5

Nutrition Facts

Serving Size 1 Bowl (283g)
Serving Per Container 1

Amount Per Serving	
Calories	510
% Daily Value*	
Total Fat	22g28%
Saturated Fat	7g35%
Trans Fat	0g
Cholesterol	45mg15%
Sodium	850mg37%
Total Carbohydrate	60g22%
Dietary Fiber	2g7%
Sugars	3g
Protein	21g
Calcium	35%

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

Cooking Instructions

Microwave From Frozen

SETTING: HIGH (1,100 WATTS)

COMPLETELY REMOVE FILM FROM TRAY BEFORE COOKING.

FROZEN: COOK ON HIGH FOR 3 MINUTES. REMOVE TRAY FROM MICROWAVE OVEN AND STIR RICE SIDE TO SIDE EVENLY.

COOK ON HIGH FOR AN ADDITIONAL 2 MINUTES.

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.

