

# El Monterey<sup>®</sup> Chicken Tamales (with labels) 5 oz

Product # 00112

It's not every day a customer finds delicious, handmade tamales available to take home while they're on the go. The perfectly seasoned chicken is wrapped in traditional, soft corn masa and a sustainable, biodegradable, heat-resistant wrapper, then steam cooked. Every case comes with 8 bags and 8 labels for operators to bundle tamales together.

- Ideal for C-stores, foodservice, cafeteria, catering or concessions
- Crafted with a deliciously seasoned and soft corn masa shell
- Perfect for a grab-and-go snack or meal
- Best served from a steamer. Can also be served from a warming display case or warming tray.
- Ready in minutes from tamale steamer/point-of-sale display units
- Shelf-life guidelines: Frozen — 455 days at or below 10° F, Refrigerated — 7 days at or below 40° F
- Each case comes with 8 bags and 8 labels for bundled sales.
- Case Pack Info: 40 tamales per case (5 oz. each)



## Ingredients

WATER, TAMALE FLOUR (STONEGROUND CORN MASA FLOUR, TRACE OF LIME), COOKED CHICKEN MEAT (WHITE CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATE), GREEN CHILI (GREEN CHILI, CITRIC ACID), VEGETABLE OIL (SOYBEAN, CANOLA AND/OR CORN OIL), PROCESS MONTEREY JACK CHEESE BLEND (MONTEREY JACK CHEESE [CULTURED MILK, SALT, ENZYMES], WATER, SKIM MILK, MODIFIED FOOD STARCH, PALM OIL, SODIUM PHOSPHATE, SALT), PROCESS CHEDDAR CHEESE PRODUCT, PROCESS CHEDDAR CHEESE BLEND (WATER, CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES], MODIFIED FOOD STARCH, PALM OIL, SODIUM PHOSPHATE, SKIM MILK, SALT, ANNATTO [COLOR]), CONTAINS 2% OR LESS: MODIFIED CORN STARCH, SALT, CHEESE FLAVOR (CORN SYRUP SOLIDS, CHEDDAR CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES], SALT, YEAST EXTRACT, DISODIUM PHOSPHATE, NATURAL FLAVORS, ANNATTO [COLOR]), JALAPENO PEPPERS (WITH SALT, ACETIC ACID, CALCIUM CHLORIDE), CHILI PEPPER, CHICKEN FLAVOR (YEAST EXTRACT, SALT, WHEAT FLOUR, SUGAR, SMOKED TORULA YEAST, RENDERED CHICKEN FAT, NATURAL FLAVORS, POWDERED CHICKEN), SPICES, NATURAL FLAVOR. CONTAINS: WHEAT, MILK

## Shelf Life

Frozen: 455 days AT OR BELOW 10° F; Refrigerated: 7 days AT OR BELOW 40° F

Case Pack	1/40/5 oz
Net Case WT (lbs)	12.5
Gross Case WT (lbs)	15.15
Case Cube	0.570
Case Dimensions	8.38 x 9.94 x 11.81
Tier and High	15 x 5
Cases per Pallet	75
Sell Unit UPC	
Master Case UPC	1 00 71007 00112 0

## Nutrition Facts

Serving Size 1 Tamale (142g)  
Serving Per Container 1

Amount Per Serving	
<b>Calories</b> 280	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 870mg	<b>36%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 3g	12%
Sugars 1g	
Protein 9g	
Vitamin A	<b>8%</b>
Vitamin C	<b>10%</b>
Calcium	<b>10%</b>

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

# Cooking Instructions

Microwave From Frozen

\*REMOVE PARCHMENT PAPER PRIOR TO EATING\*  
SETTING: HIGH (1,100 WATT)  
LEAVE PLASTIC WRAP ON TAMALE.  
PLACE TAMALE ON MICROWAVABLE PLATE.  
FROZEN: 2 MINUTES 30 SECONDS  
LET STAND 1 MINUTE BEFORE SERVING.  
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.\*

Steamer From Frozen

POUR APPROXIMATELY 1" OF CLEAN WATER INTO THE BOTTOM OF THE STEAMER UNIT.  
PLACE THE DRAIN RACK IN THE BOTTOM OF THE TAMALE INSERT PAN AND ADD 1 MORE INCH OF CLEAN WATER.  
PLUG STEAMER UNIT INTO STANDARD 110V RECEPTACLE AND TURN TEMPERATURE DIAL TO "10" OR "HIGH" SETTING.  
BRING WATER TO BOIL IN A STEAMER WITH A DRAIN RACK.  
LEAVING THE PLASTIC WRAP ON, PLACE THE TAMALES IN THE STEAMER UNIT MEAT SIDE UP AND CLOSE LID.  
PLACE DESIRED AMOUNT OF TAMALES IN STEAMER.  
STEAM TAMALES ON "HIGH" FOR APPROXIMATELY 1 HOUR AND 15 MINUTES UNTIL CORE TEMPERATURE (MEAT FILLING) REACHES 165°F OR ABOVE.  
COVER AND STEAM ON HIGH HEAT UNTIL CORE TEMPERATURE IS 165°F.  
COOK FOR 1 HOUR 30 MINUTES.  
LET STAND 1 MINUTE BEFORE SERVING.  
FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 161°F.  
SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING.  
\*CAUTION: PRODUCT MAY BE HOT.\*

Microwave From Thawed

SETTING: HIGH (1,100 WATT)  
LEAVE PLASTIC WRAP ON TAMALE.  
PLACE TAMALE ON MICROWAVABLE PLATE FOR 1 MINUTE  
LET STAND 1 MINUTE BEFORE SERVING.  
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.\*

Combination From Frozen

MICROWAVE (1,100 WATT) AND TAMALE STEAMER  
LEAVE PLASTIC WRAP ON TAMALE  
FROZEN: 7 MINUTES AND PLACE IN STEAMER SETTING AT 6  
LET STAND 1 MINUTE BEFORE SERVING.  
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.\*

