

# El Monterey<sup>®</sup> Chicken & Cheese Empanadas 3 oz

Product # 73056

Packed with flavor, these delectable empanadas are ideal for a grab-and-go meal or snack – around the clock. The deliciously flaky handmade shell is filled with classic seasoned chicken as well as a melty cheddar and mozzarella cheese blend.

- 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<sup>®</sup> 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 – 6 days at or below 40° F
- Case Pack Info: 24 Empanadas per case (3 packs of 8, 3 oz. each)



CHICKEN AND CHEESE

24 PER CASE

## Ingredients

Ingredients: Wheat flour (enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Cooked chicken (white chicken meat, dark meat chicken, water, modified food starch, salt, sodium phosphate), Processed cheddar cheese blend (water, cheddar cheese [cultured pasteurized milk, salt, enzymes], modified food starch, palm oil, sodium phosphate, skim milk, salt, annatto [colour]), Vegetable oil (soybean and/or canola and/or palm and/or corn oil), Low moisture mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes), Batter mix (yellow corn flour, enriched bleached wheat flour, [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], dried garlic, dried onion, guar gum, spice), Onion, Chipotle puree (water, vinegar, chipotle jalapeno, tomato paste, dried red chile peppers, garlic powder, onion powder, salt and spices), Modified corn starch, Salt, Dextrose, Lactic acid (with calcium lactate), Granulated garlic, Paprika, Spices, Guar gum, Glucono-delta-lactone, Sodium metabisulphites. Contains: Wheat, milk.

## Shelf Life

Frozen: 455 days AT OR BELOW 10° F; Refrigerated: 6 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 73056 3

## Nutrition Facts

Serving Size 1 EMPANADA (85g)  
Serving Per Container 24

Amount Per Serving	
Calories 220	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 440mg	18%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 8g	16%
Vitamin A	4%
Calcium	8%
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

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

LET REST FOR 1 MINUTE BEFORE SERVING.

EMPANADAS ARE COOK-AND-SERVE PRODUCTS AND SHOULD BE COOKED TO AN INTERNAL TEMPERATURE THAT REACHES OR EXCEEDS 165° F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

## **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

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

LET REST FOR 1 MINUTE BEFORE SERVING.

EMPANADAS ARE COOK-AND-SERVE PRODUCTS AND SHOULD BE COOKED TO AN INTERNAL TEMPERATURE THAT REACHES OR EXCEEDS 165° F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

## **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

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

LET REST FOR 1 MINUTE BEFORE SERVING.

EMPANADAS ARE COOK-AND-SERVE PRODUCTS AND SHOULD BE COOKED TO AN INTERNAL TEMPERATURE THAT REACHES OR EXCEEDS 165° F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

## **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

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

LET REST FOR 1 MINUTE BEFORE SERVING.

EMPANADAS ARE COOK-AND-SERVE PRODUCTS AND SHOULD BE COOKED TO AN INTERNAL TEMPERATURE THAT REACHES OR EXCEEDS 165° F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

## **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

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

LET REST FOR 1 MINUTE BEFORE SERVING.

EMPANADAS ARE COOK-AND-SERVE PRODUCTS AND SHOULD BE COOKED TO AN INTERNAL TEMPERATURE THAT REACHES OR EXCEEDS 165° F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT

## **Turbo Chef From Frozen**

TURBOCHEF ENCORE 2

SETTINGS: PRE-HEAT 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

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

LET REST FOR 1 MINUTE BEFORE SERVING.

EMPANADAS ARE COOK-AND-SERVE PRODUCTS AND SHOULD BE COOKED TO AN INTERNAL TEMPERATURE THAT REACHES OR EXCEEDS 165° F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

**Turbo Chef From Refrigerated**

TURBOCHEF ENCORE 2

SETTINGS: PRE-HEAT 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

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

LET REST FOR 1 MINUTE BEFORE SERVING.

EMPANADAS ARE COOK-AND-SERVE PRODUCTS AND SHOULD BE COOKED TO AN INTERNAL TEMPERATURE THAT REACHES OR EXCEEDS 165° F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

**Turbo Chef From Frozen**

PREHEAT TURBOCHEF i3 OVEN TO 500° F

TIME%:100, TOP%: 70, BOT%: 90, WAV%:50

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

FROZEN: COOK FOR 3 MINUTES

TEMPERATURE OF THE FILLING MUST EXCEED 165°F.

USE POCKET THERMOMETER FOR ACCURACY.

LET REST FOR 1 MINUTE BEFORE SERVING.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT

**Turbo Chef From Refrigerated**

PREHEAT TURBOCHEF i3 OVEN TO 500° F

TIME%:100, TOP%: 70, BOT%: 90, WAV%:50

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

THAWED: COOK FOR 3 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

**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

EMPANADAS ARE COOK AND SERVE PRODUCTS AND SHOULD BE COOKED TO AN INTERNAL TEMPERATURE THAT REACHES OR EXCEEDS 165°F.

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT