

El Monterey® Beef & Cheese Empanadas 3 oz

Product # 73053

For those looking to go bold, these delicious empanadas are filled with classic seasoned beef and melty Monterey jack cheese with zesty peppers. They're amazing on their own or as part of a filling combo.

- 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 — 6 days at or below 40° F
- Case Pack Info: 24 Empanadas per case (3 packs of 8, 3 oz. each)



BEEF AND CHEESE	24 PER CASE
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Ingredients

Ingredients: Wheat flour (enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Seasoned beef topping (beef, water, dehydrated onion, salt, chili pepper, spices, sugar, sodium phosphate, garlic), Monterey jack cheese with peppers (pasteurized milk, jalapeno peppers, cheese cultures, salt, acetic acid, calcium chloride, enzymes), Low moisture mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes), Vegetable oil (soybean and/or canola and/or palm and/or corn oil), 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, Modified corn starch, Jalapeno peppers (with salt, acetic acid, calcium chloride), Chili pepper, Dextrose, Salt, Spices, Lactic acid (with calcium lactate), Granulated garlic, Guar gum, Sodium metabisulphite. 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 73053 2

Nutrition Facts

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

Amount Per Serving	
Calories 240	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 410mg	17%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 8g	16%
Vitamin A	6%
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 THAWED EMPANADAS IN FRY BASKET.

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

THAWED: COOK 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.

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 COOKING SHEET LINED WITH PARCHMENT PAPER.

USE SCREEN MESH TO COVER EMPANADAS

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

EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.

CAUTION: PRODUCT MAY BE HOT

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 COOKING SHEET LINED WITH PARCHMENT PAPER.

USE SCREEN MESH TO COVER EMPANADAS

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

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

Turbo Chef From Frozen

TURBOCHEF i3

SETTINGS: PRE-HEAT TO 500°F, TIME%: 100, TOP%: 70, BOT%: 90, WAV%: 50

PLACE 4 EMPANADAS ON COOKING SHEET LINED WITH PARCHMENT PAPER.

USE SCREEN MESH TO COVER EMPANADAS

FROZEN: 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

Turbo Chef From Refrigerated

TURBOCHEF i3

SETTINGS: PRE-HEAT TO 500°F, TIME%: 100, TOP%: 70, BOT%: 90, WAV%: 50

PLACE 4 EMPANADAS ON COOKING SHEET LINED WITH PARCHMENT PAPER.

USE SCREEN MESH TO COVER EMPANADAS

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.

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