

# 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**

## 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 **8%**

\* 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 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.  
EQUIPMENT PERFORMANCE MAY VARY, ADJUST TIME AND TEMPERATURE ACCORDINGLY.