

# El Monterey® Signature Spicy Chipotle Chicken Bowl

Product # 00142

Looking for a convenient and delicious meal option in a single-serve package? El Monterey Signature Spicy Chipotle Chicken bowl has grilled chicken with a roja chipotle sauce, monterey jack and cheddar cheese, served over a savory bed of Spanish-style rice, black beans and corn satisfy your craving. El Monterey Signature bowls are made from a traditional family recipe and then flash frozen to lock in savory flavor. You can now enjoy authentic Mexican-style flavors without leaving the comfort of home! Single-serve frozen meals 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 Spicy Chipotle Chicken bowls 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!



SPICY  
CHIPOTLE CHICKEN

SERVES  
ONE

## Ingredients

COOKED RICE (WATER, RICE), WATER, COOKED GRILLED SEASONED CHICKEN WHITE MEAT STRIPS (CHICKEN WHITE MEAT, WATER, LESS THAN 2% LEMON JUICE CONCENTRATE, SALT, VINEGAR), BLACK BEANS, CHEDDAR CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), CANOLA OIL, CONTAINS 2% OR LESS TOMATO PASTE, SUPER SWEET CORN, RED BELL PEPPER, CHIPOTLE PUREE (CHIPOTLE PEPPER, WATER, SALT, VINEGAR), GUAJILLO CHILI PEPPER BASE (WATER, GUAJILLO CHILI, ONION PUREE, SEA SALT, CANE SUGAR, SPICES [MUSTARD], CILANTRO, GARLIC PUREE, SESAME SEEDS, PAPRIKA, CORN STARCH, CITRIC ACID), CHICKEN BASE (COOKED MECHANICALLY SEPARATED CHICKEN, SALT, CHICKEN FLAVOR, MALTODEXTRIN, CHICKEN FAT, SUGAR, WHEY POWDER [MILK], ONION POWDER, EXTRACTIVES OF TURMERIC [COLOR], NATURAL FLAVOR), MODIFIED FOOD STARCH, SPICES, CHILI POWDER (CHILI PEPPER, SPICES, SALT, GARLIC POWDER), CHICKEN FLAVOR BASE (CHICKEN FLAVOR [CHICKEN, FLAVORS], SALT, LACTOSE [MILK], FLAVORS, SUGAR, ONION POWDER, GARLIC POWDER, MONO AND DIGLYCERIDES, TURMERIC OLEORESIN), DEHYDRATED GARLIC, DEHYDRATED ONION, XANTHAN GUM, ANNATTO EXTRACT COLOR. CONTAINS: MILK, SESAME.

## Shelf Life

455 days AT OR BELOW 10° F; Refrigerated: NA

Case Pack	8/1/8 oz
Net Case WT (lbs)	4
Gross Case WT (lbs)	5.6
Case Cube	0.38
Case Dimensions	7.75 x 6.69 x 13.25
Tier and High	21 x 5
Cases per Pallet	105
Sell Unit UPC	0 71007 00142 0
Master Case UPC	1 00 71007 00142 7

## Nutrition Facts

Serving Size  
Serving Per Container 1

Amount Per Serving	
Calories	360
% Daily Value*	
Total Fat	16g21%
Saturated Fat	5g25%
Trans Fat	0g
Cholesterol	50mg17%
Sodium	730mg32%
Total Carbohydrate	36g13%
Dietary Fiber	2g7%
Sugars	2g
Protein	21g
Calcium	15%

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

# Cooking Instructions

## **Microwave From Frozen**

SETTING: (1,100 WATTS)

REMOVE TRAY FROM BOX. VENT FILM BEFORE COOKING.

FROZEN: COOK ON HIGH FOR 2 MINUTES. REMOVE TRAY FROM MICROWAVE OVEN AND STIR. COOK ON HIGH FOR AN ADDITIONAL 1 MINUTE 30 SECONDS.

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

