

El Monterey® Egg, Bacon, Cheese & Potato

Empanadas 3 oz

Product # 73210

Bacon-lovers will rejoice for these empanadas packed with the perfect, satisfying combination of scrambled eggs, savory bacon, melty cheddar cheese, filling potatoes and green chilies. Sure, they're perfect for breakfast, but consumers will love these anytime of day.

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



Ingredients

Ingredients: Wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Scrambled egg product (liquid whole egg, skim milk, soybean oil, modified cornstarch, salt, xanthan gum, citric acid, butter flavour [maltodextrin, natural butter flavour, annatto and turmeric], spices), Vegetable oil (soybean and/or canola and/or corn), Cheddar cheese (milk, bacterial culture, salt, microbial enzyme), Monterey jack cheese (milk, bacterial culture, salt, microbial enzyme), Potatoes (potatoes, sea salt, canola oil), Cheese sauce (water, cheddar cheese [milk, bacterial culture, salt, microbial enzymes], modified corn starch, soybean and/or canola oil, whey, xanthan gum, partly skimmed milk powder, salt, sodium phosphate, butter oil, sugar, yeast extract, paprika, annatto, natural flavours), Bacon (pork, water, salt, sugar, smoke flavour, sodium phosphates, sodium erythorbate, sodium nitrite, smoke), Tomatoes (with tomato juice, citric acid, calcium chloride), Batter mix (enriched wheat flour [enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], yellow corn flour, cornstarch, salt, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], methylcellulose, onion powder, garlic powder, spices), Jalapeno (with salt, acetic acid, water, calcium chloride), Modified cornstarch, Dextrose, Jalapeno puree (jalapeno peppers, salt, acetic acid), Salt, Granulated garlic, Lactic acid, Guar gum, Spices, Sodium metabisulphite. Contains: Wheat, milk, egg.

Shelf Life

Frozen: 455 days AT OR BELOW 10° F; Refrigerated: 4 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 73210 9

Nutrition Facts

Serving Size 1 EMPANADA (85g)	
Serving Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 450mg	19%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 8g	
Vitamin A	4%
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 4 THAWED EMPANADAS IN FRY BASKET.

PLACE LOADED FRY BASKET INTO PHREATED 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 MNUTE 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 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 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

PREHEAT TURBO CHEF ENCORE 2 OVEN TO 500° F

EVENT: 1, TIME%: 60, AIR%: 100, WAV%: 100, EVENT: 2, TIME%: 60, AIR%: 100, WAV%: 70

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

PREHEAT TURBO CHEF ENCORE 2 OVEN 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.

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.

CAUTION: PRODUCT MAY BE HOT