

# El Monterey<sup>®</sup> Signature Chicken Enchiladas

Product # 32350

Looking for a convenient and delicious frozen dinner entree in a single-serve package? El Monterey Signature Chicken Enchiladas are two chicken enchiladas topped with Suiza sauce, Monterey jack cheese, and cheddar cheese served with Spanish style rice to satisfy your craving. El Monterey Signature enchiladas are made from a traditional family recipe and then quickly frozen to lock in savory flavor. You can now enjoy authentic Mexican enchiladas without leaving the comfort of home! Single-serve frozen dinners 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 Chicken Enchiladas with Suiza Sauce and Rice 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!



**CHICKEN ENCHILADAS**

**SERVES ONE**

## Ingredients

CHICKEN ENCHILADAS CHICKEN ENCHILADAS (TORTILLA [WATER, CORN FLOUR TREATED WITH HYDRATED LIME, ENRICHED WHEAT FLOUR {ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID}, WHEAT GLUTEN, VEGETABLE OIL {SOYBEAN, CANOLA AND/OR CORN OIL}, SALT, TURMERIC, DOUGH CONDITIONERS {YEAST, SUGAR, GUAR GUM, MODIFIED FOOD STARCH}], CHARBROILED CHICKEN STRIPS [CHICKEN THIGH MEAT, CHICKEN WHITE MEAT, WATER, CORN OIL, SALT, MODIFIED FOOD STARCH, SODIUM PHOSPHATE], WATER, ONION, MODIFIED CORN STARCH, TOMATO PASTE [TOMATOES], ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], PAPRIKA, DEHYDRATED ONION, GARLIC [WITH CITRIC ACID], SPICES, CHICKEN BROTH FLAVOR [CHICKEN BROTH, FLAVOR, SALT], DISTILLED VINEGAR, MONTEREY JACK CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES]), MILK MILK (VITAMIN D3 ADDED), COOKED RICE COOKED RICE (WATER, RICE), CREAM, WATER, CHEDDAR CHEESE CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]), MONTEREY JACK CHEESE MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), SOUR CREAM SOUR CREAM (CULTURED MILK, CREAM, WHEY, LESS THAN 2% FOOD STARCH-MODIFIED, SODIUM

## Shelf Life

Frozen: 365 days AT OR BELOW 10° F; Refrigerated: NA

Case Pack	8/1/10.24 oz
Net Case WT (lbs)	5.13
Gross Case WT (lbs)	6.7
Case Cube	0.41
Case Dimensions	6.56 x 8.06 x 13.44
Tier and High	17 x 6
Cases per Pallet	102
Sell Unit UPC	0 71007 32350 8
Master Case UPC	1 00 71007 32350 5

## Nutrition Facts

Serving Size 1 PACKAGE (291g)  
Serving Per Container 1

Amount Per Serving

**Calories** 530

Calories from Fat 240

**% Daily Value\***

**Total Fat** 27g **35%**

Saturated Fat 12g **60%**

Trans Fat 0g

**Cholesterol** 80mg **27%**

**Sodium** 890mg **39%**

**Total Carbohydrate** 51g **19%**

Dietary Fiber 2g **7%**

Sugars 4g

Protein 21g

**Calcium** **20%**

Iron 15g

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

# Cooking Instructions

## **Microwave From Frozen**

SETTING: HIGH (1,100 WATT)

VENT FILM IN CORNER ON THE RICE SIDE OF THE TRAY BEFORE COOKING.

COOK ON HIGH FOR 2 MINUTES, 30 SECONDS.

REMOVE TRAY FROM OVEN. PULL FILM BACK ON RICE SIDE AND STIR SIDE TO SIDE EVENLY.

RE-COVER AND COOK ON HIGH FOR 2 MINUTES, 20 SECONDS.

LET PRODUCT STAND 2 MINUTES BEFORE EATING.

REMOVE FILM CAREFULLY AND SERVE.

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.

