

# El Monterey<sup>®</sup> Signature Single Serve Chicken, Cheese & Rice Chimichangas

Product # 18257

Enjoy a delicious snack or meal anytime with El Monterey Signature Chicken, Cheese & Rice Chimichangas. These El Monterey Signature chimichangas are packed with real chicken, Monterey Jack cheese, and authentic Mexican spices. Each chimichanga has 11 grams of protein and 0 grams of trans fat. Frozen chimichangas ready in minutes from your microwave; prepare them in the oven or air fryer for a crispier texture! Looking for a quick and easy on-the-go lunch? Or an easy-to-prepare frozen dinner? How about a quick after school snack even the kids can make? El Monterey Burritos and Chimichangas are perfect for every occasion! El Monterey has a wide variety of Mexican food favorites like taquitos, single serve frozen meals and frozen breakfast burritos! Stock your freezer with El Monterey Signature Chicken, Cheese & Rice Chimichangas for a satisfying and delicious snack or meal anytime, anywhere!



**CHICKEN,  
CHEESE & RICE**

**ONE  
CHIMI**

## Ingredients

FLOUR TORTILLA (ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, VEGETABLE OIL (SOYBEAN, CANOLA, AND/OR CORN OIL), SALT, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED FOOD STARCH), WATER COOKED CHICKEN COOKED CHICKEN MEAT (WHITE CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATE), MONTEREY JACK CHEESE MONTEREY JACK CHEESE (CULTURED PASTEURIZED MILK, SALT, CALCIUM CHLORIDE, ENZYMES), TOMATO TOMATOES (WITH JUICE, CITRIC ACID, CALCIUM CHLORIDE), GREEN CHILI GREEN CHILIES (WITH CITRIC ACID), CONTAINS 2% OR LESS VEGETABLE OIL (SOYBEAN, CANOLA AND/OR CORN OIL), PRECOOKED LONG GRAIN RICE (ENRICHED WITH NIACIN, IRON, THIAMIN MONONITRATE, FOLIC ACID), BEANS, NATURAL FLAVOR, MODIFIED CORN STARCH, CHICKEN BROTH FLAVOR (CHICKEN BROTH, FLAVOR, SALT), JALAPENO PEPPER (WITH SALT, ACETIC ACID, CALCIUM CHLORIDE), SALT, TOMATO PASTE (TOMATOES), GROUND CHILI PEPPER, SPICES, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED FOOD STARCH). CONTAINS: WHEAT, MILK.

## Shelf Life

Frozen: 455 days AT OR BELOW 10° F

Case Pack	24/1/4.5 oz
Net Case WT (lbs)	6.75
Gross Case WT (lbs)	7.26
Case Cube	0.369
Case Dimensions	8.5 x 8 x 9.38
Tier and High	26 x 5
Cases per Pallet	130
Sell Unit UPC	0 71007 18257 0
Master Case UPC	1 00 71007 18257 7

## Nutrition Facts

Serving Size 1 CHIMICHANGA (128g)  
Serving Per Container 1

Amount Per Serving

**Calories** 280

Calories from  
Fat 80

**% Daily Value\***

**Total Fat** 9g **14%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 410mg **17%**

**Total Carbohydrate** 38g **13%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 11g **17%**

Vitamin A **4%**

Vitamin C **15%**

Calcium 8g **%**

Iron 15g

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

# Cooking Instructions

## **Microwave From Frozen**

SETTING: HIGH (1,100 WATTS)

COOK ONE CHIMICHANGA AT A TIME.

OPEN ONE END OF PACKAGE TO VENT.

FROZEN: 1 MINUTE 20 SECONDS

LET PRODUCT STAND 1 MINUTE BEFORE EATING.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING.

\*CAUTION: PRODUCT MAY BE HOT.\*

## **Conventional Oven From Frozen**

PREHEAT OVEN TO 375° F

REMOVE CHIMICHANGA FROM PACKAGE.

PLACE ON A BAKING SHEET WITH LOW SIDES.

FROZEN: COOK FOR 10 MINUTES, FLIP AND COOK FOR ADDITIONAL 10 MINUTES.

LET PRODUCT STAND 2 MINUTES BEFORE EATING.

FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.

SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING.

\*CAUTION: PRODUCT MAY BE HOT.\*

