

ITEM FACT SHEET

BEEF ENCHILADA – 7 OZ

Seasoned, lean ground beef combined with cheddar cheese in a flour tortilla shell. Each enchilada is dipped in a proprietary enchilada sauce and individually wrapped in deli paper.

Nutrition Facts

24 servings per container
Serving size 1 Enchilada
 (198g)

Amount per serving
Calories **390**

% Daily Value*

Total Fat 19g	25%
Saturated Fat 8g	39%
Trans Fat 0.5g	
Cholesterol 50mg	16%
Sodium 1010mg	44%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	3%
Total Sugars 3g	
Includes 0g Added Sugars	1%

Protein 17g

Vitamin D 0mcg	0%
Calcium 137mg	10%
Iron 3mg	20%
Potassium 209mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



PRODUCT SPECIFICATIONS;

CODE	GTIN	DOT Code	PACK DESCRIPTION	GROSS WT.	NET WT.
109127	00015094091278	49636	24/7 OZ	11.1 LBS	10.5 LBS

SHIPPING INFORMATION;

LENGTH	WIDTH	HEIGHT	VOLUME	TI x HI	SHELF LIFE	STORAGE TEMP From/To
14 ½ IN	8 ½ IN	4 ½ IN	0.3209	13/10	540 Days	-10 FAH / 0 FAH

INGREDIENT INFO

FILLING [BEEF, WATER, PASTEURIZED PROCESS LOW SODIUM CHEDDAR CHEESE PRODUCT (CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, PALM OIL, MODIFIED FOOD STARCH, SODIUM PHOSPHATE, WHEY, SKIM MILK, SALT, SODIUM ALGINATE, NATURAL FLAVOR, SORBIC ACID (PRESERVATIVE), EXTRACTS OF TURMERIC, ANNATTO, AND PAPRIKA, LACTIC ACID), ONIONS, WHEAT FLOUR ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR), TOMATO PASTE (TOMATOES), TACO SEASONING (SALT, SPICES, PAPRIKA, MALTODEXTRIN, GARLIC), SALT, GARLIC]; **TORTILLA** [FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, VEGETABLE SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING: PALM OIL, SOYBEAN OIL AND/OR CORN OIL), CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SODIUM BICARBONATE, CALCIUM PROPIONATE, MONO-DIGLYCERIDE, SODIUM ACID PYROPHOSPHATE, FUMARIC ACID, ENZYMES (WHEAT STARCH, SODIUM CHLORIDE, ENZYME PREPARATION), SODIUM ALUMINUM SULFATE, RICE FLOUR, POTASSIUM SORBATE, CORNSTARCH, GUAR GUMM, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, L-CYSTEINE); **SAUCE** [VEGETABLE OIL, WATER, SPICES, SALT, WHEAT FLOUR ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR)]

CONTAINS: MILK, SOY, WHEAT

HANDLING SUGGESTIONS	PREP & COOKING SUGGESTIONS	BENEFITS
All products should be kept frozen. Products may be thawed in the refrigerator to speed preparation time. Never thaw products at room temperature. Reheating cooked product or adding reheated product to fresh product is not recommended.	Product requires further cooking. Cook product to an internal temperature of 165°F. Microwave oven: microwave times may vary due to microwave wattage. Wrap in plastic wrap or place in covered microwave safe dish. Frozen: cook on high 3 ½ - 4 ½ minutes. Thawed: cook on high 1 ½ - 2 ½ minutes. Conventional oven: preheat oven to 350°F. Frozen: place in shallow sprayed dish. Cover and cook for 40-45 min. Thawed: place in a shallow sprayed dish. Cover and cook for 15-20 min.	Ready to use. May be prepared from thawed or frozen state. Product may be heated in a microwave or conventional oven to proper temperature.