

Fernando's**05280**

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CHEESE ENCHILADA WITH WHOLE GRAIN TORTILLA

INGREDIENTS: TORTILLA (WATER, WHOLE GRAIN CORN MASA (STONEGROUND WHOLE GRAIN CORN MASA FLOUR, CELLULOSE GUM, TRACE OF LIME), PASTEURIZED PROCESS AMERICAN CHEESE (AMERICAN CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM CITRATE, MILK FAT, SALT, COLOR (ANNATTO AND APICARDENAL)), WATER, TOMATO PASTE, CONTAINS 2% OR LESS OF VEGETABLE OIL (SOYBEAN OIL), RICE STARCH, CHILI POWDER (CHILI PEPPER, SPICES, SALT, GARLIC POWDER), ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN), CHOPPED ONION, CHEESE FLAVOR (DEHYDRATED BLEND OF CHEESE (SEMISOFT AND CHEDDAR (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES)), MALTODextrin, AUTOLYZED YEAST, FOOD STARCH - MODIFIED, SALT, TORULA YEAST, CONTAINS LESS THAN 2% OF BUTTER, NATURAL FLAVOR, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE), NATURAL FLAVOR (GARLIC POWDER), SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT), SODIUM ALGINATE, SODIUM PHOSPHATE, SPICE BUTTER FLAVOR (MALTODextrin, BUTTER FLAVOR, ANNATTO AND TURMERIC (FOR COLOR)), CONTAINS SOY AND MILK.

Copy not for documenting
Federal meal requirements

CN		EACH 2.35 OZ. ENCHILADA PROVIDES 0.75 OZ. EQUIVALENT MEAT ALTERNATE AND 1.00 OZ		086480
CN		EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN		CN
CN		REQUIREMENTS (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY		
CN		THE FOOD AND NUTRITION SERVICE, USDA 01-13.)		
CN				

HEATING INSTRUCTIONS	FRIED 360 F		MICRO		OVEN 280 F	CONVEC. 250 F
	FROZEN	*N/R MIN.	*N/R MIN.	20-25 MIN.	12-18 MIN.	
	THAWED	*N/R MIN.	*N/R MIN.	15-20 MIN.	9-12 MIN.	
Internal Temperature of product should be 160 F.						*N/R - Not Recommended



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INSPECTED BY THE U.S. DEPT.
OF AGRICULTURE IN
ACCORDANCE WITH FNS
REQUIREMENTS

Nutrition Facts

Serving Size 1 Enchilada (68 g)
Servings Per Container 112

Amount Per Serving
Calories 150 Calories from Fat 70

% Daily Value*

Total Fat 8 g 12 %**Saturated Fat 4 g** 20 %**Trans Fat 0 g****Cholesterol 20 mg** 7 %**Sodium 350 mg** 15 %**Total Carbohydrate 14 g** 5 %**Dietary Fiber 2 g** 8 %**Sugars 1 g****Protein 6g****Vitamin A 8 %** • **Vitamin C 2 %****Calcium 15 %** • **Iron 4 %**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Calories: 2,000 2,500

Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

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

KEEP FROZEN

Dist. by Fernando's Foods,
Compton, CA 90221

NET WT. 16.45 LBS.
112 CT/2.35 OZ.