

Fernando's®**05279**

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BEEF ENCHILADA

INGREDIENTS: TORTILLA (WHOLE GRAIN CORN MASA [STONEGROUND WHOLE GRAIN CORN MASA FLOUR, CELLULOSE GUM, TRACE OF LIME], WATER, POLYDEXTROSE), GROUND BEEF (NOT MORE THAN 26% FAT), WATER, TOMATO PASTE, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY FLOUR, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, CYANOCOBALAMIN), CONTAINS 2% OR LESS OF TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN), CHILI POWDER (CHILI PEPPER, SPICES, SALT, GARLIC POWDER), SALT, RICE STARCH, DEHYDRATED RED BELL PEPPER, BEEF TYPE FLAVOR (HYDROLYZED SOY PROTEIN, FLAVORING [INCLUDING SPICES], AUTOLYZED YEAST, SALT), NATURAL FLAVOR, CHOPPED ONION, SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT), SPICE, SODIUM PHOSPHATE, SODIUM ALGINATE.

Nutrition Facts

Serving Size 1 Enchilada (70g)
Servings Per Container 112

Amount Per Serving**Calories** 140 **Calories from Fat** 35**% Daily Value*****Total Fat** 4g **6%**Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **5%****Sodium** 250mg **10%****Total Carbohydrate** 19g **6%**Dietary Fiber 4g **16%**

Sugars 1g

Protein 8g

Vitamin A 20% • Vitamin C 6%

Calcium 8% • Iron 15%

*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
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Total Fat Less than 65g 80g

Sat. Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

CONTAINS SOY.

Copy not for documenting
Federal meal requirements

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

CN

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EACH 2.50 OZ. BEEF ENCHILADA PROVIDES 1.00 OZ. EQUIVALENT MEAT/MEAT ALTERNATE
AND 1.00 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN
CN REQUIREMENTS (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY
THE FOOD AND NUTRITION SERVICE, USDA 03-18.)

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**HEATING
INSTRUCTIONS**

	FRIED 360 F	MICRO	OVEN 300 F	CONVEC. 300 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 160F.

*N/R - Not Recommended



123 - 8067 - 0006

**KEEP
FROZEN**

**NET WT. 17.50 LBS.
112 CT/2.50 OZ.**

F053-100217