

**Fernando's****05215**

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**SOUTHWEST CHICKEN FLAUTA WITH TEXTURED VEGETABLE PROTEIN****PRODUCT ADDED**

Wrapped In a Flour Tortilla

INGREDIENTS: TORTILLA (WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CORN FLOUR, CONTAINS 2% OR LESS OF MONO AND DIGLYCERIDES, BAKING POWDER (CORN STARCH, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), WHEAT GLUTEN, SALT, GUAR GUM, SUGAR, RICE FLOUR, FUMARIC ACID, L-CYSTEINE, ENZYMES, SODIUM METABISULFITE), WATER, CHICKEN BREAST WITH RIB MEAT (WATER, SALT, SODIUM PHOSPHATE), MECHANICALLY SEPARATED CHICKEN, GREAT NORTHERN WHITE BEANS, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES AND ANNATTO), MONTEREY JACK CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), CONTAINS 2% OR LESS OF TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN), GREEN CHILIES (GREEN CHILI PEPPERS, CITRIC ACID), TOMATO PASTE, VEGETABLE OIL, CILANTRO, DRY ONION, NATURAL FLAVOR, DEHYDRATED GREEN BELL PEPPER, DEHYDRATED RED BELL PEPPER, SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT), SPICES, SALT, FLAVOR ENHANCER (DEHYDRATED SOY SAUCE (SOY SAUCE (SOYBEANS, WHEAT, SALT), MALTODEXTRIN), YEAST EXTRACT), BUTTER FLAVOR (MALTODEXTRIN, BUTTER FLAVOR, ANNATTO AND TURMERIC (FOR COLOR)), SODIUM ALGINATE.

CONTAINS WHEAT, SOY, MILK AND GLUTEN.

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Federal meal requirements

CN		EACH 2.70 OZ FLAUTA PROVIDES 1.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.00 OZ		088556
CN		EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS		
CN		(USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 08-13.)		CN
CN				

<b>HEATING INSTRUCTIONS</b>	<b>FRIED 360 F</b>		<b>MICRO</b>		<b>OVEN 300 F</b>	<b>CONVEC. 300 F</b>	
	<b>FROZEN</b>	*N/R	MIN.	*N/R	MIN.	20-25 MIN.	12-18 MIN.
	<b>THAWED</b>	*N/R	MIN.	*N/R	MIN.	15-20 MIN.	9-12 MIN.
	Internal Temperature of product should be 160 F.						*N/R - Not Recommended



123-5049-0000

**Nutrition Facts**

Serving Size 1 Flauta (76 g)

Servings Per Container 54

Amount Per Serving

Calories 170 Calories from Fat 45

% Daily Value\*

Total Fat 5g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 200mg 8%

Total Carbohydrate 23g 8%

Dietary Fiber 4g 16%

Sugars 1g

Protein 9g

Vitamin A 8% - Vitamin C 20%

Calcium 6% - 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. 9.11 LBS.  
54 CT/2.70 OZ.**