

Fernando's®**05278**

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CHICKEN AND TEXTURED VEGETABLE PROTEIN PRODUCT ENCHILADA

INGREDIENTS: TORTILLA (WATER, MASA (STONEGROUND WHOLE GRAIN CORN MASA FLOUR, CELLULOSE GUM, TRACE OF LIME)), CHICKEN BREAST WITH RIB MEAT (WATER, SALT, SODIUM PHOSPHATES), WATER, MONTEREY JACK CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), TEXTURED SOY PROTEIN CONCENTRATE, MECHANICALLY SEPARATED CHICKEN, CONTAINS 2% OR LESS OF CHICKEN BASE (CHICKEN MEAT INCLUDING NATURAL CHICKEN JUICES, SALT, MALTODEXTRIN, CHICKEN FAT, SUGAR, DRIED WHEY, FLAVORINGS, TURMERIC), VEGETABLE OIL, DEHYDRATED RED BELL PEPPER, ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN), DRIED ONION, RICE STARCH, NATURAL FLAVOR, SPICES, SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT), SALT, BUTTER FLAVOR (MALTODEXTRIN, BUTTER FLAVOR, ANNATTO AND TURMERIC (FOR COLOR)), SODIUM ALGINATE. CONTAINS SOY AND MILK.

Nutrition FactsServing Size 1 Enchilada (70 g)
Servings Per Container 112

Amount Per Serving

Calories 140 Calories from Fat **35**

% Daily Value*

Total Fat 4 g 6 %**Saturated Fat 1.5 g** 8 %**Trans Fat 0 g****Cholesterol 20 mg** 7 %**Sodium 210 mg** 9 %**Total Carbohydrate 18 g** 6 %**Dietary Fiber 4 g** 16 %**Sugars 1 g****Protein 8 g****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

Total Fat	Less than	65 g	90 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

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Federal meal requirements

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EACH 2.50 DZ ENCHILADA PROVIDES 1.00 OZ EQUIVALENT MEAT/
MEAT ALTERNATE AND 1.00 OZ EQUIVALENT GRAINS
FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.
(USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE
FOOD AND NUTRITION SERVICE, USDA 01-14.)

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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 160 F. *N/R - Not Recommended



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**KEEP
FROZEN**Dist. by Fernando's Foods,
Compton, CA 90221**NET WT. 17.50 LBS.
112 CT/2.50 OZ**