

Fernando's®

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BEEF ENCHILADA

INGREDIENTS: TORTILLA [WATER, WHOLE GRAIN CORN MASA (STONEGROUND WHOLE GRAIN CORN MASA FLOUR, CELLULOSE GUM, TRACE OF LIME)], 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. CONTAINS SOY.

Nutrition Facts

Serving 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 2.5 g	13 %
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 250 mg	10 %
Total Carbohydrate 19 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	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

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Federal meal requirements

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 REQUIREMENTS (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 01 - 13.)

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								

KEEP FROZEN



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

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



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