



Revision Date: 9/14/2012

Nutritional Analysis

Code #: 97576 **Individually Wrapped Net Wt. (oz.)** 5.200 **Case Pack:** 96
Description: **Bean & Cheese Burritos** **Servings Per Package:** 1
Serving Size 5.200 oz. (147.42 g)
Weight of Filling (oz.) : 2.95
Weight of Tortilla/Bread (oz.): 2.25

Tortilla Type: Whole Wheat Flour

Ingredient Statement

Ingredients: Filling: Water, Pinto Beans, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A Palmitate, and Vitamin B12], Salt, Flavorings, Modified Food Starch (Refined From Corn).

Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).

Allergen Statement Contains WHEAT, SOY , MILK

Whole Grain Servings: 1.00

National School Lunch Requirements

CN # 081011

CN Date 06-12

Each 5.200 oz. Portion (cooked) will provide 2.00 oz. Meat/Meat Alternate and 2.00 oz. equivalent grains and _____ Cup Legume Vegetable.

Nutritional Information

Serving Size 5.200 oz. (147.42 g) % Calories from Fat 25.63%

Servings Per Package: 1 % Calories from Sat Fat 11.19%

	Fats	Vitamins	%DV	Minerals	%DV
Calories (Kcal)	291.1100	Total Fat (g)	8.2900	Vitamin A (RE)	0.00 6%
Calories from Fat	74.6100	Saturated Fat (g)	3.6200	Vitamin A (IU)	295.24
Protein (g)	15.6000	Trans Fat (g)*	0.0100	Vitamin C (mg)	1.54 2%
Carbohydrates (g)	40.9500	Cholesterol (mg)	15.3300	Iron (mg)	3.33 20%
Tot. Dietary Fiber (g)	7.9600			Sodium (mg)	478.94
Ash (g)	0.0100			Calcium (mg)	171.00 15%

Basis of Analysis: as Cooked.

Fat Change 17.00% Moisture Change 4.00% Data Source USDA Handbook 8 * Trans Fats naturally occurring

Heating Instructions

Heating Instructions: Place burritos on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 19-21 min. Refrigerated: Heat for 11-13 min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 24-26 min. Refrigerated: Heat for 13-15 min. Microwave: Frozen: Heat on High for 50 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Thawed: Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry.

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