



Beef Enchiladas

~made with Flour Tortillas

Heating Instructions & Meal Ingredient Listing

Kickin' Kater LLC

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Directions: Product is fully cooked; thaw completely and cover with foil before placing in oven. Slowly heat in oven at 275° until minimum internal temperature of 165° is reached. Rotate half way through heating.

Approximate Heating Times for:

Family Pan – 60 minutes to 1.5 hours

28 oz Pan [6 rolls] – 45 to 60 minutes

Microwave Container: for best results, thaw completely. Product is fully cooked, treat as if reheating leftovers.

Microwave for 1 minute 30 seconds; rotate. Microwave for another 1 minute, or until desired temperature reached

Once product is thawed, use within 7 days or discard

Suggested use within 6 months of Freeze By Date

Contains: Wheat, Milk, Soy

Ingredients: **Enchilada Sauce** [Water, crushed tomatoes [water, crushed tomato concentrate], modified food starch, spice, vegetable oil [corn, and/or canola], salt, dehydrated onions, dehydrated garlic, citric acid, sodium benzoate [preservative]], **Black Beans** [black beans, water, salt], **Flour Tortilla** [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and or corn oil), contains 2% or less of the following: salt, aluminum free leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), fumaric acid, gum blend, dough conditioner (lecithin, mono and diglycerides, sodium metabisphite)], **Ground Beef**, **Cheddar Cheese** [pasteurized milk, cheese culture, salt, enzymes, color added), potato starch and powdered cellulose added to prevent caking, nymycin (a natural mold inhibitor)], **Sour Cream** [cultured pasteurized light cream and nonfat milk, enzymes], **Onion**, **Salt**, **Ground Cumin**, **Pepper**, **Paprika** [paprika, less than 2% silicon dioxide to prevent caking], **Garlic Powder**, **Onion Powder**, **Crushed Red Pepper**, **Parsley**, **PAM cooking spray** (to prevent sticking) [canola oil*, coconut oil*, palm oil*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

Processed in facilities that process wheat, egg, milk, soy, tree nuts & peanuts