Bean & Cheese Burrito



Product Information



Nutrition Facts	
Serving Size: 5.2 oz	
Amount Per Serving 1	
Calories 321	Calories from Fat 79
Total Fat 9g	
Sat. Fat 3g	
Trans Fat 0g	
Cholesterol 15mg	
Sodium 475mg	
Carbohydrates 44g	
Dietary Fiber 8g	
Sugars 0g	
Protein 17g	
Vitamin D	6%
Calcium	15%
Iron	20%
Potassium	10%

Crediting Information per Serving:

Serving Size: 5.2 oz Meat or M/A: 2 oz eq Grain: 2 oz eq Vegetables: -Fruit: -CN Label: Yes* *Obtain from product package

Preparation Instructions:

FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. 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 24-28 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. Refrigerated: Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry.

Ingredients:

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: WHEAT, SOY , MILK