





Revision Date: 9/25/2012

# Nutritional Analysis

Code #: 61853/CM

Bulk Pack

Net Wt. (oz.) 1.725 Case Pack: 144

Description:

Beef Enchiladas

Servings Per Package: 1

Serving Size 1.725 oz. ( 48.90 g )

Weight of Filling (oz.) : 1

Tortilla Type: Whole Grain Corn

Weight of Tortilla/Bread (oz.) 0.725

## Ingredient Statement

Filling: Ground Beef (Not more than 20% Fat), Water, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Tomatoes (may contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, Calcium Chloride), Minced Onion, Salt, Flavorings, Modified Food Starch (Refined From Corn), Hydrolyzed Soy Protein.

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative) , guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour enriched with (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

Allergen Statement Contains: SOY

## National School Lunch Requirements

CN # 083742

CN Date 05-12

Each 1.725 oz. Portion (cooked) will provide 0.50 oz. Meat/Meat Alternate and 0.50 oz. equivalent grains and \_\_\_\_\_ Cup Legume Vegetable.

## Nutritional Information

% Calories from Fat 35.37%

Basis of Analysis: as Cooked.

Serving Size 1.725 oz. ( 48.90 g )

% Calories from Sat Fat 12.06%

Servings Per Package: 1

Calories (Kcal) 88.0300

Calories from Fat 31.1400

Protein (g) 3.9600

Carbohydrates (g) 10.3000

Tot. Dietary Fiber (g) 0.9600

Ash (g) 0.5000

### Fats

Total Fat (g) 3.4600

Saturated Fat (g) 1.1800

Trans Fat (g)\* 0.1890

Cholesterol (mg) 10.8700

Water (g) 20.2300

### Vitamins

Vitamin A (RE) 0.73 0%

Vitamin A (IU) 40.02

Vitamin C (mg) 0.34 0%

### Minerals

Iron (mg) 1.11 6%

Sodium (mg) 124.24

Calcium (mg) 21.80 2%

Fat Change +/- 0% Moisture Change +/- 0% Data Source: USDA Handbook 8

\*-Trans Fats naturally occurring

## Heating Instructions

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. Prepare enchiladas from a frozen state. Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce to avoid product becoming crispy. Sauce should fill bottom of pan and sauce level should be mid-point of enchilada end. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese, foil and place in steam table for lunch service.

For Additional Information Contact

M.C.I. FOODS, INC. 13013 Molette St., Santa Fe Springs, CA 90670 562-977-4000 or 800-704-4661



Bulk Pack

Los Cabos Mexican Foods

DOP: 238-12-14

**KEEP FROZEN**

Filling: Ground Beef (Not more than 20% Fat), Water, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Tomatoes (may contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, Calcium Chloride), Minced Onion, Salt, Flavorings, Modified Food Starch (Refined From Corn), Hydrolyzed Soy Protein.

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Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. Prepare enchiladas from a frozen state. Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce to avoid product becoming crispy. Sauce should fill bottom of pan and sauce level should be mid-point of enchilada end. Place in oven and heat until sauce is hot (approximately 12-15 min). Remove from oven. Top with shredded cheese, foil and place in steam table for lunch service.

Stock Code

**61853/CM**

Contains SOY

**NET WT. 15 LBS. 8.40 OZ.**

M.C.I. FOODS, INC. SANTA FE SPRINGS, CA 90670 USA

Beef Enchiladas

144 CT - 1.725 OZ.

W174-CM

**46103**

Stock Code  
**61853/CM**

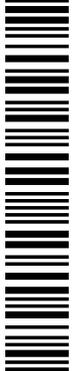
Lot #  
**46103**



10006574180213

CN-ENCH-MEAT-WG

CN-ENCH-MEAT-WG



10006574180213

CN  
Each 1.725 oz. Enchilada provides 0.50 oz. equivalent meat/meat alternate and 0.50 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-12.)  
CN

Lot #

Copy not for documenting Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/25/2012

## HealthierUS School Challenge Whole Grain Criteria

Documentation to show primary grains in product are Whole Grains to meet Group A

Product Code #: 61853/CM

Product Name: Beef Enchiladas

Serving Size 1.725 oz. ( 48.90 g ) Weight of Filling (oz.) : 1.000 Weight of Tortilla/Bread (oz.) 0.725

### 1) Product Ingredient Statement:

Filling: Ground Beef (Not more than 20% Fat), Water, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Tomatoes (may contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, Calcium Chloride), Minced Onion, Salt, Flavorings, Modified Food Starch (Refined From Corn), Hydrolyzed Soy Protein.

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### 2) Underline all items that are whole grain in the Ingredient Statement (see above)

3) Serving size in grams for Whole grain bread component: 20.553 (g) or 0.50 oz. equivalent grains\*.

\* note: some products, such as Enchiladas, are to be served as 2 each in order to meet the full G/B serving

4) Total weight of all Whole grain ingredients in the bread component: 6.079 g Whole Grain Corn Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 6.079 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 6.079 g

### A) The serving size for this food product equals 1 Grains/Bread Servings? YES

Per USDA FNS Policy Memo AP-30-2012 relating to Whole Grains Rich Criteria. This product provides 0.25 Whole Grain servings (based on 16 g per serving) and provides 0.50 oz. equivalent grains towards the National School Lunch Program. Some products, such as Enchiladas, are to be served two each in order to meet this criteria

### B) The ingredient underlined above is considered whole grain? YES

C) Does the weight in item # 4 exceed (or is equal to) the weight in Item #5? YES

D) Does the weight in item # 4 exceed (or is equal to) the weight in Item #6? YES

E) Are the answers to items A, B & C yes? If yes, the food product meets GROUP A Criteria. Answer = YES

F) Are the answers to items A, B & D yes? If yes, the food product meets GROUP B Criteria. Answer = YES

M.C.I. Foods, Inc. purchases bread components (tortillas) that are made from blends of whole grain flours and enriched flours. The whole grain flour is 51% of the flour component and meets the definition of "whole grain rich" per USDA FNS Policy Memo SP-30-2012

Dan Southard,  
President

9/25/2012

Date

dan@mcifoods.com

email