### Nutritional Information

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories (Kcal)</th>
<th>Calories from Fat</th>
<th>% Calories from Fat</th>
<th>% Calories from Sat Fat</th>
<th>% Calories from Sugar</th>
<th>Vitamin A (RE)</th>
<th>% DV</th>
<th>Minerals</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.050 oz.</td>
<td>322.84</td>
<td>104.85</td>
<td>32.48</td>
<td>11.90</td>
<td>1.39</td>
<td>2.85</td>
<td></td>
<td>Iron (mg)</td>
<td>3.00</td>
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<td>Sodium (mg)</td>
<td>457.84</td>
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<td>Calcium (mg)</td>
<td>192.91</td>
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<td></td>
<td></td>
<td></td>
<td>Potassium (mg)</td>
<td>460.40</td>
</tr>
</tbody>
</table>

### Basis of Analysis:
- as Cooked.
- Fat Change +/- 0%
- Moisture Change +/- 0%
- Data Source: USDA Handbook 8

### Heating 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.

For Additional Information, visit our website at www.mcifoods.com or contact:
M.C.I. FOODS, INC. 13013 Molette St., Santa Fe Springs, CA 90670 562-977-4000 or 800-704-4661
En Fuego Bean & Cheese Burrito

Pinto Beans layered with Fiery Cheese Sauce in a Whole Wheat Tortilla

Each 6.05 oz. burrito provides 2.00 oz. equivalent meat alternate, 2.00 oz. equivalent grains and 1/8 cup legume vegetable and 1/8 cup other vegetable for the US Department of Agriculture's MyPlate Nutritional Meal Pattern Requirements.

Ingredients: Filling: Refried Beans (Water, Pinto Beans, Vegetable Oil, Salt, and Soy Lecithin), En Fuego Cheese Sauce (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (if colored)], Water, Diced Green Bell Peppers, Tomato Puree [Tomatoes, Citric Acid], Jalapeno Puree [Green Jalapeno Peppers, Water, and Citric Acid], Diced Onion, Green Chile [Green Chile Peppers, Salt, Citric Acid, Tomato Paste], Contains 2% or Less of: Spices, Garlic Powder, Onion Powder, Paprika (for flavor), Soybean Oil, White Vinegar, Sisal Salt, and Modified Food Starch (Refined from Corn).


Contains WHEAT, SOY, MILK

NET WT. 30 LBS. 4.00 OZ.

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