



ORGANIC

# CHICKEN & CHEESE FLAUTAS

WHITE CHICKEN MEAT, CORN, BLACK BEANS, CHEDDAR & MONTEREY JACK CHEESES AND FLAVORFUL SPICES ROLLED IN A CRISPY FLOUR/CORN TORTILLA



TWIN PACK  
16 FLAUTAS



Net Wt. 44 oz (1247g)

PERISHABLE KEEP REFRIGERATED • SERVING SUGGESTION

## Nutrition Facts

16 servings per container	
<b>Serving size</b>	<b>1 flauta (78g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
<b>Total Sugars</b> 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 0.9mg	<b>6%</b>
Potassium 250mg	<b>6%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** ORGANIC TORTILLA (ORGANIC WHEAT FLOUR, WATER, ORGANIC WHITE CORN FLOUR [ORGANIC CORN TREATED WITH HYDRATED LIME], ORGANIC SOYBEAN OIL, SEA SALT, ORGANIC CANE SUGAR, ORGANIC CULTURED DEXTROSE, ORGANIC DISTILLED WHITE VINEGAR), ORGANIC WHITE CHICKEN MEAT, WATER, ORGANIC SWEET YELLOW CORN, COOKED ORGANIC BLACK BEANS (ORGANIC BLACK BEANS, WATER), ORGANIC CHEDDAR CHEESE (PASTEURIZED ORGANIC MILK, SALT, CHEESE CULTURES, VEGETABLE ENZYMES), ORGANIC MONTEREY JACK CHEESE (PASTEURIZED ORGANIC MILK, SALT, CHEESE CULTURES, VEGETABLE ENZYMES), ORGANIC SOYBEAN OIL, ORGANIC CORN STARCH, ORGANIC JALAPENO PEPPER, ORGANIC VINEGAR, SEA SALT, ORGANIC CHILI POWDER, ORGANIC CUMIN, ORGANIC PAPRIKA, ORGANIC GARLIC GRANULES, ORGANIC ONION POWDER, ORGANIC CANE SUGAR, ORGANIC BLACK PEPPER.

**CONTAINS:** WHEAT, MILK.



Certified Organic by Quality Assurance International



CERTIFIED ORGANIC

## Cooking Instructions

Take refrigerated product out of tray sleeve.



### Oven:

1. Preheat oven to 375° F.
2. Place flautas on a baking sheet and bake for 13 to 15 minutes or until golden brown.
3. Let stand for 1 minute before serving.



### Microwave (based on 1100 watts):

1. Place 2 flautas on a microwave safe plate.
2. Cook on high for 30 seconds.
3. Flip over and cook for additional 30 seconds. Let stand for 1 minute before serving.

For food safety and quality, internal product temperature must reach 165° F. Oven and microwave cooking times may vary, depending on appliance.

CAUTION: PRODUCT WILL BE HOT