



## Product Specification and Nutritional Information

Current Revision Date: **8/9/2023** Replaces Spec Dated **4/26/2023**



Stock Code		Product Name							
98770		Shredded Beef & Salsa Roja and Cheese Tamale							
Individually Wrapped									
		Wrapped in an Eco-Friendly Paper Husk							
Net Wt. (oz)	Case Pack	Case Net Wt. (Lbs)	UPC/ GTIN	Ship Wt. (Lbs)	Case Cube	Case Dimensions (in)	Pallet Count	Tie/High	
5.750	60	21.56	10706574987705	24.10	0.880	11.625 L 11.625 W11.250 H	72	12 x 6	
Child Nutrition (CN) Meal Pattern Contributions <sup>1</sup>									
			CN #	100118	CN Date	03-23	CN Expiration Date	3/20/2028	
Each 5.750 oz. portion provides*:		Meat/Meat Alternate. (oz)	Equivalent Grains (oz)	Legume veg (cup)	Red/Orange veg (cup)	Fruit Serving (cup)	Starchy veg (cup)	Other veg (cup)	
A		2.00	2.00						
--- OR ---									
B		2.00	2.00						

\* - use the crediting in row A or row B, but not both. (based on the dual meat alternate/vegetable crediting for legumes.)

1 - if there is a CN number and CN date listed, the item is CN labeled.

### Ingredient Statement

Ingredients: Corn Masa: Corn Masa Flour (White Corn Treated with Hydrated Lime), Water, Vegetable Stock [Water, Vegetable Stock Base (Vegetables [Onions, Tomatoes, Potatoes, Carrots, and Celery], Salt, Yeast Extract, Corn Starch, Corn Oil, Onion Powder, Sugar, Natural Flavoring)], Low-Moisture Part-Skim Mozzarella Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, May Contain Powdered Cellulose (to prevent caking)], Palm Oil, Brown Rice Flour (Long Grain Brown Rice, Stabilized Rice Bran), Contains 2% or Less of: Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Calcium Sulfate, Monocalcium Phosphate), Soy Flour, Garlic Powder and Sea Salt. Filling: Cooked Diced Beef with Juices (Beef, Water, Salt), Salsa Roja [Tomato Puree (Tomatoes and Citric Acid. May also contain: Water, Salt and Calcium Chloride), Water, California Chile Paste (Water, Dried California Chiles), Contains 2% or Less of: Spices, Garlic Puree, Soybean Oil, Paprika (for flavor), Dried Chicken Broth, Sugar, Salt, Garlic Powder, Onion Powder, Isolated Soy Protein with Less Than 2% Lecithin, and Modified Food Starch (refined from corn)], Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color. May Contain Powdered Cellulose (to prevent caking)], and Textured Soy Flour.

### Allergen Statement Contains MILK, SOY

### BID Specification

**Tamale -Frozen, Cooked Beef in Red Sauce. Each 5.75 oz tamale provides 2.00 OZ Meat/Meat Alternate and 2.00 OZ EQV Grains towards the NSLP. CN Labeled. Preparation instruction printed on outside of case. Tamales are wrapped in an eco-friendly paper husk and individually wrapped in ovenable film containing high impact graphics. 60 count. No more than 645 mg Sodium, Less than 21% calories from saturated fat, 0 Trans Fat added, No less than 335 Kcal. Hand held-Fully cooked. Los Cabos Brand 98770**

### Nutritional Information

Serving Size 5.750 oz. ( 163.01 g )  
Servings Per Package: **1**  
Calories (Kcal) 342.05  
Calories from Fat 146.61  
Protein (g) 18.93  
Carbohydrates (g) 29.96  
Sugars (g) 1.99  
Tot. Dietary Fiber (g) 3.17  
Ash (g) 2.66  
Added Sugars (g) 0.21

% Calories from Fat 42.86%  
% Calories from Sat Fat 20.21%  
% Sugar 1.22%

#### Fats

Total Fat (g) 16.29  
Saturated Fat (g) 7.68  
Trans Fat (g)\* 0.00  
Cholesterol (mg) 45.33  
Water (g) 91.57

#### Vitamins

Vitamin A (RAE) 99.40 10%  
Vitamin A (IU) 879.87  
Vitamin C (mg) 1.35 2%  
Vitamin D (mcg) 0.16 0%

#### Minerals

Iron (mg) 2.27 10%  
Sodium (mg) 639.90  
Calcium (mg) 210.23 15%  
Potassium (mg) 485.16 10%

\*-Trans Fats naturally occurring

### Basis of Analysis: as Cooked.

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

### Heating Instructions

Heating Instructions: Tamales are precooked. FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. DO NOT OPEN WRAPPER before heating. 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 350 deg. F. Frozen: Heat for 35-45 min. Refrigerated: Heat for 25-30 mins. CONVENTIONAL OVEN: Preheat Oven to 350 deg. F. Frozen: Heat for 40-50 min. Refrigerated: Heat for 30-35 min. MICROWAVE (results may vary): Frozen: Heat on High for 1 min. 30 seconds. Flip and heat for another 40-50 seconds. Let rest for 1 min. before consuming. Refrigerated: Heat for 1 min. Flip and heat for another 20-30 seconds. Let rest for 1 min. before consuming. CAUTION: Contents will be hot, be careful when removing preprinted outer wrapper & paper husk prior to consumption.

**For Additional Information, visit our website at [www.mcifoods.com](http://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**



# Shredded Beef & Salsa Roja and Cheese Tamale

Wrapped in an Eco-Friendly Paper Husk

Individually Wrapped  
DOP: 219-23-D4

**FOR INSTITUTIONAL USE ONLY**  
**KEEP FROZEN**

Each 5.75 oz. tamale provides 2.00 oz. equivalent meat/meat alternate and 2.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03-23).

60 CT - 5.75 OZ.

WC136 PF303

Lot # **74897**

Ingredients: Corn Masa: Corn Masa Flour (White Corn Treated with Hydrated Lime), Water, Vegetable Stock [Water, Vegetable Stock Base (Vegetables [Onions, Tomatoes, Potatoes, Carrots, and Celery], Salt, Yeast Extract, Corn Starch, Corn Oil, Onion Powder, Sugar, Natural Flavoring)], Low-Moisture Part-Skim Mozzarella Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, May Contain Powdered Cellulose (to prevent caking)], Palm Oil, Brown Rice Flour (Long Grain Brown Rice, Stabilized Rice Bran), Contains 2% or Less of: Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Calcium Sulfate, Monocalcium Phosphate), Soy Flour, Garlic Powder and Sea Salt. Filling: Cooked Diced Beef with Juices (Beef, Water, Salt), Salsa Roja [Tomato Puree (Tomatoes and Citric Acid. May also contain: Water, Salt and Calcium Chloride), Water, California Chile Paste (Water, Dried California Chiles), Contains 2% or Less of: Spices, Garlic Puree, Soybean Oil, Paprika (for flavor), Dried Chicken Broth, Sugar, Salt, Garlic Powder, Onion Powder, Isolated Soy Protein with Less Than 2% Lecithin, and Modified Food Starch (refined from corn)], Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color. May Contain Powdered Cellulose (to prevent caking)], and Textured Soy Flour.

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Stock Code

Produced in the USA

**98770**

Contains MILK, SOY

**NET WT. 21 LBS. 9.00 OZ.**

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

Stock Code  
**98770**  
Lot #  
**74897**

10706574987705

CN TAMALE MEAT WG  
CN TAMALE MEAT WG

10706574987705



*"See The Difference - Taste Our Success"®*

KEEP FROZEN

# TAMALE

**SHREDDED BEEF & SALSA ROJA AND CHEESE**

WRAPPED IN AN ECO-FRIENDLY PAPER HUSK

NET WT. 5.75 OZ. (163g)

U.S.  
INSPECTED  
AND PASSED BY  
DEPARTMENT OF  
AGRICULTURE  
EST. 1162A





## 98770 Shredded Beef & Salsa Roja and Cheese Tamale 5.75oz

### Nutrition Facts

Serving Size 1 Tamale  
Servings Per Container 60

Amount Per Serving

**Calories** 340    **Calories from Fat** 150

% Daily Value\*

**Total Fat** 16g                      **25%**

    Saturated Fat 8g                **40%**

    Trans Fat 0g

**Cholesterol** 45mg                **15%**

**Sodium** 640mg                   **27%**

**Total Carbohydrate** 30g        **10%**

    Dietary Fiber 3g                **12%**

    Sugars 2g

**Protein** 19g

Vitamin A 20%                   • Vitamin C 2%

Calcium 20%                   • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g