



Nutrition Facts

Serving Size 1 bowl (255g)
Servings Per Container 1

Amount Per Serving		Calories 470		Calories from Fat 250	
% Daily Value*					
Total Fat 28g	43%				
Saturated Fat 18g	90%				
Trans Fat 0g					
Cholesterol 60mg	20%				
Sodium 660mg	36%				
Total Carbohydrate 24g	8%				
Dietary Fiber 5g	20%				
Sugars 4g					
Protein 25g	50%				
Vitamin A 70%		Vitamin C 50%			
Calcium 60%		Iron 6%			
*Percent Daily Values are based on a diet of 2,000 calories					
†Percent Daily Values may be higher or lower depending on your calorie needs:					
Calories: 2,000		Less than 65g		80g	
Total Fat		Less than 25g		25g	
Saturated Fat		Less than 20g		300mg	
Cholesterol		Less than 300mg		2,400mg	
Sodium		Less than 300g		375g	
Total Carbohydrate		Less than 25g		30g	
Dietary Fiber		Less than 25g		25g	
Total Carbohydrate		Less than 25g		25g	

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

INGREDIENTS: Beecher's cheese (pasteurized milk, salt, culture, enzymes), tortillas (stone ground blue corn, water, trace of lime), milk (vitamin D3 added), roasted red bell pepper, roasted corn, roasted red onion, pinto beans (water, pinto beans, salt), jalapeno chiles, cilantro, chili powder (chili pepper and other spices, salt, garlic powder), water, rice starch, butter (cream, salt), chipotle puree (chipotle peppers, water, tomato paste, onion, sugar, may contain 2% or less of salt, vinegar, sunflower seed oil, paprika, garlic, cornstarch, spices [oregano, bay leaves, thyme, cumin, celery seed]), evaporated salt, rice flour, dehydrated garlic.

CONTAINS: Milk.

Prepared for Beecher's Handmade Cheese
Seattle, WA 98101 - New York, NY 10003

ALL THE FLAVOR

(without the additives)

With our full-flavored Enchilada Bowls, we added extra-cheesy goodness, and because it's our cheese, we know it's made only from clean, authentic ingredients. We know this because that's how we make all of our products, from the handcrafted cheeses to the delicious meals and crackers. Beecher's adds only tasty ingredients and never includes harmful food additives like flavor and texture enhancers, preservatives, or artificial food colorings.



Our company credo says it best:

*Beecher's Handmade Cheese
only makes foods with ingredients we trust,
are proud of, and would eat ourselves.
It's just authentic and original food, full of flavor.*

Certified Gluten-Free
By the Gluten Free Certification Organization

For more information,
please visit www.beecherscheese.com or
email thestaft@beecherscheese.com.

Our packaging is 100% recyclable and earth friendly.



We contribute 1% of all sales to the BEECHER'S PURE FOOD KIDS FOUNDATION empowering kids to make healthy food choices for life.

For more information, please visit www.purefoodkids.org.



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At Beecher's Handmade Cheese, we care deeply about the health, well-being and culinary delight of our customers. We have a passion for — and a commitment to — a philosophy of wholesome nutrition. Try any one of our award-winning products and experience that passion firsthand.

www.beecherscheese.com



ENCHILADA BOWL

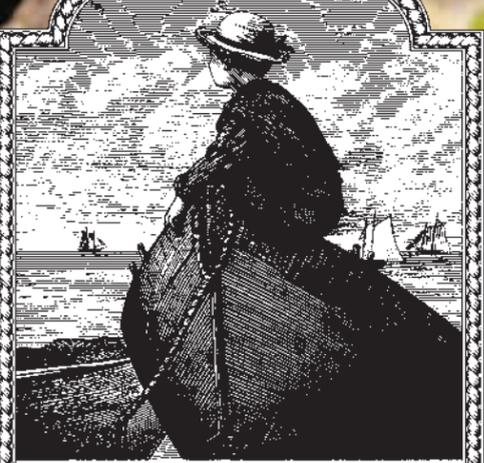
Blanco

Beecher's cheese and roasted vegetables within layers of blue corn tortillas

NET WT. 9 oz. (255 g)

COOK THOROUGHLY
KEEP FROZEN

BEECHER'S



HANDMADE CHEESE

Seattle New York
Pike Place Market Flatiron District



ENCHILADA BOWL | Blanco

Beecher's cheese and roasted vegetables within layers of blue corn tortillas



FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS*

CONVENTIONAL OVEN: Remove film. Preheat oven to 375°F. Place bowl on baking sheet and bake on middle oven rack for 35 to 40 minutes or until heated through. If top browns too quickly, cover with foil until finished cooking. Remove from oven; contents will be very hot.

MICROWAVE: (We love our enchiladas, but we do not love the microwave. Bake in the oven — so much better!) Cut a 1-inch slit into the film. Place bowl in microwave on a microwave-safe plate. Microwave for 3 minutes on high, remove film and cook for 30 to 60 seconds more or until heated through. Contents will be very hot.

*Ovens vary; cook to an internal temperature of 165°F as measured with a food thermometer. Keep frozen until ready to bake.

