

Cheese Enchilada Ranchero

Directions:

1. Open pouch & remove oxygen absorber. Remove Cheddar Cheese packet.
2. Prepare in pouch or other suitable container.
3. Add 2 cups (16 oz) boiling water to ingredients or you may crease / fold pouch at water line 8 then fill to water line 8.
4. Stir completely & cover. Let stand 10-12 minutes.
5. Sprinkle Cheddar Cheese over the top before serving.

INGREDIENTS: Tortilla Chips [Corn, Vegetable Oil (contains one or more of the following: Corn and/or partially hydrogenated Soybean Oil), Salt], Instant White Rice, Freeze-Dried Cheddar Cheese Shreds [Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto (Vegetable Color)], Romano Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Uncolored Textured Vegetable Protein (Soy Flour), Barley Flakes, Potato Starch, Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Chopped Onion, Roasted Salted Pumpkin Seeds, Mixed Red & Green Bell Pepper, Molasses Powder, Tomato Powder (Tomato), Low Sodium Salt (Sodium, Chloride, Potassium), Paprika, Whey Powder, Cocoa Powder (processed with Alkali), Cumin, Garlic Granules, Oregano, Brewers Yeast (Dried Yeast, Niacin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin), Citric Acid, Cayenne Pepper.

Contains Milk, Soy.

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Nutrition Facts

Serving Size 3 oz (89g)
Servings Per Container 2

Amount Per Serving

Calories 380 **Calories from Fat 140**

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 6g **30%**

Trans Fat 1g

Cholesterol 25mg **8%**

Sodium 700mg **29%**

Total Carbohydrate 48g **16%**

Dietary Fiber 5g **20%**

Sugars 6g

Protein 15g

Vitamin A 45% • **Vitamin C 100%**

Calcium 25% • **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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

