



Nourishment. Delivered.

FRZ000063

ARROZ CON POLLO

Baked chicken and fiesta rice, served with Mexicali corn.

Nutritionally balanced, restaurant-inspired meals designed for home delivery programs.



NUTRITION INFORMATION

Serving Size: 1 meal (317g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 55mg
Calories: 330	Sodium: 60mg
Calories from Fat: 63	Total Carbohydrate: 43g
Total Fat: 7g	Dietary Fiber: 9g
Saturated Fat: 2g	Protein: 24g

Exclusively provided by



Allergens: Contains soy, sulfites

SPECIFICATIONS

Product Code: FRZ000063
UPC: 735108504357
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 18 lb
Net Case Weight: 16 lb
Unit Weight: 0.8 lb
Cube: 1.3 cubic ft
Dimensions: 17 1/2"L x 13 1/2"W x 9 1/2"H
Pallet: Tiers: 8 High: 4



PREP INSTRUCTIONS

Heat meals to a minimum internal temperature of 165 degrees F for 15 seconds.

Conventional Oven: Cook at 300 degrees F for approximately 30-45 minutes.

Microwave: Cook on HIGH for 5-10 minutes, turn halfway through heating cycle.

NOTE: Oven & Microwave cook times may vary - modify cook times accordingly to ensure thorough cooking. For best results, verify temperatures using a food thermometer.

Ingredients

FIESTA RICE (Cooked Brown Rice [Parboiled Long Grain Brown Rice, Water, Low Sodium Chicken Base {Roasted Chicken, Sugar, Tapioca Dextrin, Chicken Fat, Hydrolyzed Soy Protein, Potassium Chloride, Onion Powder, Autolyzed Yeast Extract, Maltodextrin, Salt, Natural Flavors, Disodium Inosinate, Disodium Guanylate, Garlic Powder, Turmeric [Color], Gelatin, Lactic Acid, Calcium Lactate, Corn Syrup Solids}], Diced Tomatoes [Vine Ripened Tomatoes, Tomato Juice, Salt, Citric Acid], Pinto Beans [Pinto Beans, Water, Salt, Calcium Chloride, Calcium Disodium EDTA To Preserve Color], Water, Onion Strips, Diced Green Peppers [Bell Peppers, Water, Citric Acid, Calcium Chloride], Corn Starch, Eggshade Coloring [Water, Yellow #5 And #6, Citric Acid, Sodium Benzoate {Preservative}], Cayenne, Cumin, Black Pepper, Low Sodium Chicken Base [Roasted Chicken, Sugar, Tapioca Dextrin, Chicken Fat, Hydrolyzed Soy Protein, Potassium Chloride, Onion Powder, Autolyzed Yeast Extract, Maltodextrin, Salt, Natural Flavors, Disodium Inosinate, Disodium Guanylate, Garlic Powder, Turmeric {Color}, Gelatin, Lactic Acid, Calcium Lactate, Corn Syrup Solids]), FULLY COOKED FORMED GRILL MARKED FILLET STYLE CHICKEN PATTY WITH RIB MEAT AND SMOKE FLAVORING (Chicken Breast With Rib Meat, Water, Vegetable Protein Product [Isolated Soy Protein, Magnesium Oxide, Zinc Oxide, Niacinamide, Ferrous Sulfate, Vitamin B12, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Mononitrate, And Riboflavin], Seasoning [Salt, Sodium Phosphates, Spices, Onion And Garlic Powder, Grill Flavor From Sunflower Oil, Smoke Flavoring]), MEXI-CALI CORN (Corn, Diced Red Peppers [Sweet Red Peppers, Water, Salt, Citric Acid], Diced Green Peppers [Bell Peppers, Water, Citric Acid, Calcium Chloride], Dehydrated Onions)