



Nourishment. *Delivered.*

FRZ000065

OVEN BAKED CHICKEN

Oven baked chicken, served with Southern rice, black-eyed peas, and spinach.

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



NUTRITION INFORMATION

Serving Size: 1 meal(449g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 100mg
Calories: 400	Sodium: 210mg
Calories from Fat: 144	Total Carbohydrate: 39g
Total Fat: 16g	Dietary Fiber: 10g
Saturated Fat: 3g	Protein: 37g

Exclusively provided by



Allergens: Contains soy, milk, wheat, sulfites

SPECIFICATIONS

Product Code: FRZ000065
UPC: 735108504401
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 25 lb
Net Case Weight: 23 lb
Unit Weight: 1.15 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

SOUTHERN RICE (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}], Black Eyed-Peas [Prepared Black Eye Peas, Water, Salt, Disodium EDTA For Color Retention], Cooked Diced Chicken, Cumin, Chives, Chili Powder [Chili Peppers And Other Spices, Salt, Garlic Powder], BAKED CHICKEN (Chicken, Water, Sodium Phosphate, Salt, Autolyzed Yeast, Maltodextrin, Garlic Powder, Onion Powder, Beef Extract, Spice Extractives, Natural Smoke Flavor; Glazed With: Water, Salt, Maltodextrin, Spices, Dextrose, Modified Corn Starch, Onion, Garlic Powder), SPINACH NEAPOLITAN (Water, Spinach, Diced Tomatoes [Vine Ripened Tomatoes, Tomato Juice, Salt, Citric Acid], Pasteurized Processed Cheese Food [Cheddar And Colby Cheeses Milk, Cheese Culture, Salt, Enzymes, Annatto {Color}, Water, Whey Protein Concentrate, Skim Milk, Whey, Sodium Citrate, Milkfat, Salt, Sodium Phosphate, Sorbic Acid As A Preservative, Apocarotenol Color, With Cellulose Powder Added To Prevent Caking], Onion Strips, Xanthum Slurry [Water, Soybean Oil, Xanthan Gum], Low Sodium Ala King Sauce [Modified Food Starch, Dextrose, Coconut Oil, Nonfat Dry Milk, Corn Syrup Solids, Yeast Extract, Enriched Bleached Wheat Flour {Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Potassium Chloride, Less Than 2% Of Each Of The Follo1Mng: Onion Powder, Phosphate {Potassium, Sodium}, Sodium Caseinate, Silicon Dioxide {Anticaking}, Soybean Oil, Sugar, Mono & Diglycerides, Soy Lecithin, Spice, Color {Caramel Color, Yellow 5, Yellow 6}], Modified Food Starch, Parmesan Cheese [Parmesan Cheese {Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes}, Powdered Cellulose To Prevent Caking], Granulated Garlic, White Pepper)

