



Nourishment. *Delivered.*

**FRZ000070**

# SWEET AND SOUR CHICKEN

*Sweet and sour chicken over white rice with gingered peas.*

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



## NUTRITION INFORMATION

|                                    |                                |
|------------------------------------|--------------------------------|
| <b>Serving Size:</b> 1 meal (408g) | <b>Trans Fat:</b> 0g           |
| <b>Amount per serving:</b>         | <b>Cholesterol:</b> 60mg       |
| <b>Calories:</b> 410               | <b>Sodium:</b> 580mg           |
| <b>Calories from Fat:</b> 36       | <b>Total Carbohydrate:</b> 65g |
| <b>Total Fat:</b> 4g               | <b>Dietary Fiber:</b> 11g      |
| <b>Saturated Fat:</b> 0g           | <b>Protein:</b> 26g            |

Exclusively provided by



**Allergens:** Contains soy, wheat

### SPECIFICATIONS

**Product Code:** FRZ000070  
**UPC:** 735108504487  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 24 lb  
**Net Case Weight:** 22 lb  
**Unit Weight:** 1.10 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

SWEET AND SOUR CHICKEN (Diced Chicken, Water, Sugar, Carrots, Celery, Pineapple [Pineapple, Pineapple Juice], Stir Fry Blend [Carrots, Broccoli, Sugar Snap Peas, Onions, Peppers], Vinegar, Ketchup [Tomato Concentrate, High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Onion Powder, Spice, Natural Flavors], Modified Food Starch, Cherries [Cherries, Water, Corn Syrup, High Fructose Corn Syrup, Sugar, Citric Acid, Natural And Artificial Flavors, Sodium Benzoate, Potassium Sorbate, FD&C Red #40, Sulfur Dioxide {Preservative}], 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], Red Pepper Strips, Green Pepper Strips, Soy Sauce [Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate {Less Than 1/10 Of 1%}, Mixing Agent], Granulated Garlic, Ground Ginger), COOKED WHITE RICE (Enriched White Rice [Long Grain Parboiled Rice Enriched 'Mth Iron, Niacin, Thiamine, Folic Acid], Water), GINGERED PEAS (Green Peas, Ground Ginger)

