



Nourishment. *Delivered.*

FRZ000076

# SESAME CHICKEN

*Sesame chicken, served with broccoli & carrots and steamed cauliflower with red peppers.*

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



## NUTRITION INFORMATION

|                                    |                                |
|------------------------------------|--------------------------------|
| <b>Serving Size:</b> 1 meal (322g) | <b>Trans Fat:</b> 0g           |
| <b>Amount per serving:</b>         | <b>Cholesterol:</b> 55mg       |
| <b>Calories:</b> 240               | <b>Sodium:</b> 510mg           |
| <b>Calories from Fat:</b> 72       | <b>Total Carbohydrate:</b> 23g |
| <b>Total Fat:</b> 8g               | <b>Dietary Fiber:</b> 6g       |
| <b>Saturated Fat:</b> 2g           | <b>Protein:</b> 21g            |

Exclusively provided by



**Allergens:** Contains soy, wheat, sulfites

### SPECIFICATIONS

**Product Code:** FRZ000076  
**UPC:** 735108504623  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 20 lb  
**Net Case Weight:** 18 lb  
**Unit Weight:** 0.9 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

FULLY COOKED 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]), SESAME SAUCE (Water, Soy Sauce [Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate: Less Than 1/10 Of 1% As A Preservative, Mixing Agent], Sesame Seeds, Sugar, Low Sodium Turkey Flavor Gravy [Modified Food Starch, Corn Starch, Yeast Extract, Maltodextrin, Dextrose, Enriched Bleached Wheat Flour {Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Potassium Chloride, Natural Flavor, Xanthan Gum, Turkey Stock, Caramel Color, Onion Powder, Salt, Artificial Color {Yellow 5, Yellow 6}, Less Than 2% Silicon Dioxide {Anticaking}, Soybean Oil], Ground Ginger, Granulated Garlic, Corn Starch, 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], BROCCOLI VvITH SHREDDED CARROTS (Broccoli, Shredded Carrots), CAULIFLOWER VvITH RED PEPPERS (Cauliflower, Diced Red Peppers [Sweet Red Peppers, Water, Salt, Citric Acid])

