



FRZ000104

EGGPLANT PARMESAN

Eggplant Parmesan, served with Italian-style garbanzo beans.

Nourishment. *Delivered.*

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



NUTRITION INFORMATION

Serving Size: 1 meal (277g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 45mg
Calories: 430	Sodium: 560mg
Calories from Fat: 198	Total Carbohydrate: 33g
Total Fat: 22g	Dietary Fiber: 4g
Saturated Fat: 10g	Protein: 23g

Exclusively provided by



Allergens: Contains soy, milk, wheat

SPECIFICATIONS

Product Code: FRZ000104
UPC: 735108506153
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 19 lb
Net Case Weight: 17 lb
Unit Weight: 0.85 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

EGGPLANT PARMIGIANA (Tomato Sauce [Water, Tomato Puree {Tomato Concentrate Made From Red Ripe Tomatoes, Citric Acid}, Diced Tomatoes {Vine Ripened Tomatoes, Tomato Juice, Salt, Citric Acid}, Dehydrated Onions, Sugar, Granulated Garlic, Chopped Oregano, Dried Basil, Soybean Oil, White Pepper], Breaded Eggplant [Eggplant, Soybean Oil, Wheat Flour, Water, Corn Flour, Salt, Dextrose, Corn Starch, Spices, Garlic Powder, Dehydrated Parsley, Onion Powder, Extracts Of Paprika And Annatto, Natural Flavors], Mozzarella [Low Moisture Mozzarella {Pasteurized Milk, Cheese Cultures, Salt, Enzymes}, Potato Starch, Corn Starch, Powdered Cellulose To Prevent Caking, Natamycin {Natural Mold Inhibitor}], Parmesan [Parmesan Cheese {Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes}, Powdered Cellulose To Prevent Caking]), ITALIAN STYLE CHICK PEAS (Chick Peas [Cooked Dried Chick Peas, Water, Salt, Disodium EDTA To Preserve Color], Water, Diced Tomatoes [Vine Ripened Tomatoes, Tomato Juice, Salt, Citric Acid], Parmesan Cheese [Parmesan Cheese {Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes}, Powdered Cellulose To Prevent Caking], Onion Strips, Modified Food Starch, Granulated Garlic, Low Sodium Vegetable Base [Blend Of Vegetables {Powders [Tomato, Onion, Carrot, Garlic], Vegetable Purees [Carrot, Celery, Onion], Tomato Paste}, Water, Yeast Extract, Torula Yeast, Canola Oil, Palm, Oil, Sugar, Potassium Chloride, Salt, Contains 2% Or Less Natural Flavoring, Extract Of Carrot, Disodium Inosinate, Disodium Guanylate])

