



**FRZ000108**

# CUBAN BLACK BEANS AND RICE

*Black beans and rice, served with whole kernel corn with red peppers and parslid carrots.*

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (350g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 0mg
<b>Calories:</b> 340	<b>Sodium:</b> 1020mg
<b>Calories from Fat:</b> 135	<b>Total Carbohydrate:</b> 53g
<b>Total Fat:</b> 15g	<b>Dietary Fiber:</b> 17g
<b>Saturated Fat:</b> 1g	<b>Protein:</b> 16g

Exclusively provided by



**Allergens:** Contains soy

### SPECIFICATIONS

**Product Code:** FRZ000108  
**UPC:** 735108506306  
**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

BLACK BEANS, CORN AND RICE (Black Beans, Water, Yellow Cut Corn, White Rice [Water, Long Grain Parboiled Rice Enriched 'Mth Iron {Ferric Phosphate}, Niacin, Thiamine {Thiamine Mononitrate}, Folic Acid], Sweet Red Pepper Strips, 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], Worcestershire Sauce [Water, Vinegar, High Fructose Corn Syrup, Salt, Molasses, Natural Flavors, Spice, Hydrolyzed Corn/Soy/VVheat Protein, Caramel Color, Sodium Benzoate And Potassium Sorbate As Preservatives], Modified Food Starch, Ground Cumin, Dehydrated Onion, Ground Cayenne Pepper, Celery Seed, Dried Basil), PARSLI ED CARROTS (Carrots, Parsley)

