



Nourishment. *Delivered.*

FRZ000123

# COUNTRY KNIFE AND FORK BREAKFAST

Egg patty and hash brown potatoes with country pepper gravy, served with turkey sausage links and maple-pecan cinnamon apples.

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (346g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 230mg
<b>Calories:</b> 360	<b>Sodium:</b> 470mg
<b>Calories from Fat:</b> 153	<b>Total Carbohydrate:</b> 36g
<b>Total Fat:</b> 17g	<b>Dietary Fiber:</b> 3g
<b>Saturated Fat:</b> 4g	<b>Protein:</b> 16g

Exclusively provided by



**Allergens:** Contains soy, milk, wheat, eggs, tree nuts (pecans), sulfites

### SPECIFICATIONS

**Product Code:** FRZ000123  
**UPC:** 735108507457  
**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

COUNTRY STYLE PEPPER GRAVY (Water, 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 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}], 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], Modified Food Starch, Poultry Seasoning, Sour Cream [Buttermilk Blend {Nonfat Milk, Lactic Acid, Cream, Citric Acid}, Maltodextrin, Sour Cream Blend {Sour Cream {Cream, Nonfat Milk, Cultures} Cultured Nonfat Milk, Citric Acid, Tocopherols And Ascorbyl Palmitate}], Nonfat Dry Milk, Salt, Lactic Acid, Disodium Inosinate, Guanylate], Nonfat Dry Milk [Fortified Instant Nonfat Dry Milk {Calcium Carbonate, Vitamin A Palmitate, Vitamin D}], Ground Black Pepper, Coriander) HASH BROWN PATTY (Potatoes, Vegetable Oil Contains One Or More Of The Following: Canola, Soybean, Cottonseed, Sunflower, Corn, Contains 2% Or Less Of Dehydrated Onion, Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate To Maintain Color), EGG PATTY (Egg Whites, Egg Yolk, Soybean Oil, Water. Less than 2% of the following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid), TURKEY SAUSAGE (Turkey, Water, Potato Starch, Dextrose, Sugar, Salt, Potassium Chloride, Spices), MAPLE-PECAN CINNAMON APPLES (Water, Diced Apples [Apples, Water], Apple Juice [Concentrated Apple Juice, Ascorbic Acid {Vitamin C}], Pecans, Maple Flavor [Corn Syrup, Water, Salt, Potassium Sorbate, Sodium Benzoate, Benzoic Acid, Cellulose Gum, Caramel Color, Sodium Hexametaphosphate, Natural And Artificial Flavor, Phosphoric Acid], Cinnamon)

