



Nourishment. *Delivered.*

FRZ000566

MANICOTTI ALFREDO

Manicotti Alfredo, served with seasoned peas and Italian vegetables.

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



NUTRITION INFORMATION

Serving Size: 1 meal (316g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 55mg
Calories: 310	Sodium: 500mg
Calories from Fat: 144	Total Carbohydrate: 52g
Total Fat: 16g	Dietary Fiber: 13g
Saturated Fat: 10g	Protein: 27g

Exclusively provided by



Allergens: Contains soy, milk, wheat, sulfites, eggs

SPECIFICATIONS

Product Code: FRZ000566
UPC: 735108505668
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 23 lb
Net Case Weight: 21 lb
Unit Weight: 1.05 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 half-way 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

ALFREDO SAUCE (Ala King Sauce Mix [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 Each Of The Following: 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}], Process Pasteurized American Cheese {Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid [Preservative], Lactic Acid, Artificial Color, Enzymes, Soy Lecithin}, Mushrooms {Mushrooms, Water, Salt}, Spinach, Parmesan Cheese {Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [Anti-Caking]}, Water, Non-Fat Dry Milk, Modified Corn Starch, White Pepper), CHEESE MANICOTTI (Ricotta Cheese [Whey, Milk, Vinegar, Carrageenan {stabilizer}], Durum Flour Enriched [Durum Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Whole Eggs, Mozzarella Cheese [Pasteurized Milk, Nonfat Milk, Cultures, Salt, Enzymes], Parmesan Cheese [Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose {anti-caking agent}], Breadcrumbs [Enriched Wheat Flour {Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Sugar, Soybean Oil, Yeast], Romano Cheese [Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose {anti-caking agent}], Salt, Modified Food Starch, Xanthan Gum, Guar Gum, Locust Bean Gum, Egg Whites, Black Pepper, Parsley, Beta Carotene {color}], PEAS, ITALIAN BLEND VEGETABLES (Yellow Squash, Zucchini, Mixed Vegetables {Carrots, Corn, Peas, Green Beans})

