



Nourishment. Delivered.

FRZ000655

CHICKEN PARMESAN

Chicken parmesan, served with rosemary potatoes and cheesy spinach.

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



NUTRITION INFORMATION

Serving Size: 1 meal (384g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 55mg
Calories: 270	Sodium: 460mg
Calories from Fat: 135	Total Carbohydrate: 41g
Total Fat: 6g	Dietary Fiber: 5g
Saturated Fat: .5g	Protein: 26g

Exclusively provided by



Allergens: Contains soy, milk, wheat, sulfites

SPECIFICATIONS

Product Code: FRZ000655
UPC: 735108506559
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 18 lb
Net Case Weight: 16 lb
Unit Weight: .80 lb
Cube: 1.3 cubic ft
Dimensions: 17 1/2" x 13 1/2" 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]), ITALIAN STYLE TOMATO SAUCE (Water, Tomato Puree [Tomato Concentrate Made From Red Ripe Tomatoes, Citric Acid], Acid, Crushed Calcium Tomatoes Chloride), [Crushed TDehydrated omatoes, Onions, Tomato Garlic Puree, Powder, Salt, Sugar, MOZZARELLA Xanthan Gum, CHEESE Oregano, (Low White Moisture Pepper), Mozzarella LOW Cheese MOISTURE [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Potato Starch, Corn Starch, Powdered Cellulose To Prevent Caking, Natamycin [Natural Mold Inhibitor]), SPINACH NEAPOLITAN (Water, Spinach, Diced Tomatoes [Vine Ripened Tomatoes, Tomato Juice, Salt, Citric Acid], Pasteurized Processed Cheese Food [Cheddar And Colby Cheeses Milk, Cheese Culture, Salt, Enzymes, Annatto {Color}, Water, Whey Protein Concentrate, Skim Milk, Whey, Sodium Citrate, Milkfat, Salt, Sodium Phosphate, Sorbic Acid As A Preservative, Apocarotenol Color, 'Mth Cellulose Powder Added To Prevent Caking], Onion Strips, Xanthum Slurry [Water Soybean Oil, Xanthan Gum], Low Sodium 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 Each Of The Follo½ing: 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}], Modified Food Starch, Parmesan Cheese [Parmesan Cheese {Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes}, Powdered Cellulose To Prevent Caking], Granulated Garlic, White Pepper), ROSEMARY DICED POTATOES (Diced Skin-On Potatoes [Potatoes, Vegetable Oil Contains One Or More Of The Following Oils: Canela, Soybean, Cottonseed, Sunflower, Corn, Contains 2% Or Less Of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Natural Color], Rosemary)

