



Nourishment. *Delivered.*

FRZ000656

# HOMEMADE CHICKEN STEW

*Homemade chicken stew, served with steamed green beans and baked apples with raisins.*

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (415g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 85mg
<b>Calories:</b> 510	<b>Sodium:</b> 700mg
<b>Calories from Fat:</b> 63	<b>Total Carbohydrate:</b> 83g
<b>Total Fat:</b> 7g	<b>Dietary Fiber:</b> 17g
<b>Saturated Fat:</b> 0g	<b>Protein:</b> 38g

Exclusively provided by



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

### SPECIFICATIONS

**Product Code:** FRZ000656  
**UPC:** 735108506566  
**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"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

CHICKEN STEW (Cooked Diced Chicken, Water, Diced Sweet Potatoes, Flour Roux [Water, Flour], Celery, Carrots, Instant Non-Fat Dry Milk [Fortified Instant Nonfat Dry Milk {Calcium Carbonate, Vitamin A Palmitate, Vitamin DJ}], Starch Roux [Water, Modified Food Starch], Diced Red Peppers [Sweet Red Peppers, Water, Salt, Citric Acid], 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], Low Sodium Vegetable Base [Blend Of Vegetables {Powders [Tomato, Onion, Carrot, Garlic], Vegetable Purees [Carrot, Celery, Onion], Tomato Paste}], Water, Yeast Extract, Torula Yeast, Canela Oil, Palm Oil, Sugar, Potassium Chloride, Salt, Contains 2% Or Less Of Natural Flavoring, Extract Of Carrot, Disodium Inosinate, Disodium Guanylate], Liquid Food Coloring [Water, Yellow #5 And #6, Citric Acid, Sodium Benzoate {Preservative}], Poultry Seasoning, Parsley, White Pepper, Coriander), BAKED APPLES VVITH RAISINS (Diced Apples [Apples, Water], Water, Raisins, Modified Food Starch, Brown Sugar, Cinnamon), GREEN BEANS

