



Nourishment. *Delivered.*

FRZ000715

CHICKEN GARDEN CASSEROLE

Chicken garden casserole, served with summer blend vegetables.

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



NUTRITION INFORMATION

| | |
|------------------------------------|--------------------------------|
| Serving Size: 1 meal (343g) | Trans Fat: 0g |
| Amount per serving: | Cholesterol: 80mg |
| Calories: 330 | Sodium: 150mg |
| Calories from Fat: 36 | Total Carbohydrate: 45g |
| Total Fat: 4g | Dietary Fiber: 5g |
| Saturated Fat: .5g | Protein: 29g |

Exclusively provided by



Allergens: Contains soy

SPECIFICATIONS

Product Code: FRZ000715
UPC: 735108507150
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 26 lb
Net Case Weight: 24 lb
Unit Weight: 1.2 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: Puncture film, cook at 300 degrees F for approximately 30-35 minutes.

Microwave: Puncture film, cook on HIGH for 6-8 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 WITH GARDEN VEGETABLES AND RICE (Diced Chicken, Rice Pilaf [Water, White Rice {Long Grain Parboiled Rice Enriched With Iron [Ferrous Phosphate], Niacin, Thiamine Mononitrate, Folic 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}, Parsley, Dehydrated Onions], Cucumbers, Diced Red Peppers [Sweet Red Peppers, Water, Salt, Citric Acid], Onions, Asparagus, Lime Extract [Filtered Water, Key Lime Juice Concentrate, Lime Oil, Less Than 1/10 Of 1% Of Following Sodium Benzoate And Sodium Metabisulfite To Protect Quality], 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, Parsley, Granulated Garlic, Black Pepper, Cilantro), SUMMER BLEND VEGETABLES (Carrots, Green Beans, Zucchini)

