



FRZ000060

OVEN BAKED CHICKEN

Oven Baked Chicken, served with green bean & red pepper mix and yellow rice with tomatoes & chives.
Nourishment. *Delivered.*

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



NUTRITION INFORMATION

Serving Size: 1 meal (412g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 100mg
Calories: 410	Sodium: 135mg
Calories from Fat: 135	Total Carbohydrate: 43g
Total Fat: 15g	Dietary Fiber: 4g
Saturated Fat: 2g	Protein: 32g

Exclusively provided by



Allergens: Contains soy, sulfites

SPECIFICATIONS

Product Code: FRZ000060
UPC: 735108504258
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 25 lb
Net Case Weight: 23 lb
Unit Weight: 1.15 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 30-35 minutes.

Microwave: 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

YELLOW RICE WITH TOMATOES AND CHIVES (Yellow Rice [Water, White Rice {100% Parboiled Rice}, 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}, Liquid Food Coloring {Water, Yellow #5 And #6, Citric Acid, Sodium Benzoate [Preservative]}], Diced Tomatoes [Vine Ripened Tomatoes, Tomato Juice, Salt, Citric Acid], Diced Chicken (Chicken, Water, Modified Food Starch, Salt, Sodium Phosphates), THIXX [Modified Corn Starch, Maltodextrin, Sunflower Oil], Chives, Black Pepper, Poultry Seasoning), ROASTED CHICKEN (DRUM & THIGH, WITH BACK, SMOKE FLAVOR ADDED) (Chicken, Water, Sodium Phosphate, Salt, Autolyzed Yeast, Maltodextrin, Garlic Powder, Onion Powder, Beef Extract, Spice Extractives, Natural Smoke Flavor, Glazed With: Water, Salt, Maltodextrin, Spices, Dextrose, Modified Corn Starch, Onion And Garlic Powder), GREEN BEANS WITH DICED RED PEPPERS (Green Beans, Diced Red Peppers [Sweet Red Peppers, Water, Salt, Citric Acid])

