



FRZ000065

OVEN BAKED CHICKEN

Nourishment. *Delivered.*

Oven Baked Chicken, served with Southern rice, black-eyed peas, and spinach.

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



NUTRITION INFORMATION

Serving Size: 1 meal (449g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 100mg
Calories: 400	Sodium: 210mg
Calories from Fat: 144	Total Carbohydrate: 39g
Total Fat: 16g	Dietary Fiber: 10g
Saturated Fat: 3g	Protein: 37g

Exclusively provided by



Allergens: Contains soy, milk, wheat, sulfites

SPECIFICATIONS

Product Code: FRZ000065
UPC: 735108504401
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 25 lb
Net Case Weight: 23 lb
Unit Weight: 1.15lb
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

SOUTHERN RICE (Brown Rice [Brown Rice Long Grain, Water, 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}], Black Eyed Peas [Prepared Black Eye Peas, Water, Salt, Disodium EDTA For Color Retention], Diced Chicken [Chicken, Water, Modified Food Starch, Salt, Sodium Phosphates], Cumin, Chives, Chili Powder [Chili Peppers And Other Spices, Salt, Garlic Powder], 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, Garlic Powder), 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, Apocarotenal Color, With Cellulose Powder Added To Prevent Caking], Onion Strips, Low Sodium Ala King Sauce [Buttermilk Solids, Creamer Powder {Palm Oil, Corn Syrup Solids, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Sodium Silico Aluminate}, Sunflower Oil, Onion Powder, Salt {Salt}, Disodium Inosinate and Disodium Guanylate, Natural Flavor, Modified Corn Starch, Artificial Flavor], THIXX [Modified Corn Starch, Maltodextrin, and Sunflower Oil], Parmesan Cheese [Parmesan Cheese {Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes}, Powdered Cellulose To Prevent Caking], Granulated Garlic, White Pepper)

