



Nourishment. *Delivered.*

FRZ000070

SWEET AND SOUR CHICKEN

Sweet and Sour Chicken, served with white rice and gingered peas.

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



NUTRITION INFORMATION

Serving Size: 1 meal (408g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 60mg
Calories: 410	Sodium: 580mg
Calories from Fat: 36	Total Carbohydrate: 65g
Total Fat: 4g	Dietary Fiber: 11g
Saturated Fat: 0g	Protein: 26g

Exclusively provided by



Allergens: Contains soy, wheat

SPECIFICATIONS

Product Code: FRZ000070
UPC: 735108504487
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 24 lb
Net Case Weight: 22 lb
Unit Weight: 1.10 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 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

SWEET AND SOUR CHICKEN [DICED CHICKEN [Chicken, Water, Modified Food Starch, Salt, Sodium Phosphates], Water, Sugar, Carrots, Celery, Pineapple [Pineapple, Pineapple Juice], Stir Fry Blend [Carrots, Broccoli, Sugar Snap Peas, Onions, Peppers], Vinegar, Ketchup [Tomato Concentrate, High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Onion Powder, Spice, Natural Flavors], THIXX [Modified Corn Starch, Sunflower Oil, Soy Lecithin], Cherries [Cherries, Water, Corn Syrup, High Fructose Corn Syrup, Sugar, Citric Acid, Natural And Artificial Flavors, Sodium Benzoate, Potassium Sorbate, FD&C Red #40, Sulfur Dioxide {Preservative}], 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], Red Pepper Strips, Green Pepper Strips, Soy Sauce [Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate {Less Than 1/10 Of 1%}, Mixing Agent], Granulated Garlic, Ground Ginger], COOKED WHITE RICE [White Rice [100% Parboiled Rice], Water], GINGERED PEAS [Green Peas, Ground Ginger]

