



Nourishment. *Delivered.*

FRZ000104

# EGGPLANT PARMESAN

*Eggplant Parmesan, served with Italian-style garbanzo beans.*

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (277g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 25mg
<b>Calories:</b> 400	<b>Sodium:</b> 890mg
<b>Calories from Fat:</b> 153	<b>Total Carbohydrate:</b> 48g
<b>Total Fat:</b> 17g	<b>Dietary Fiber:</b> 7g
<b>Saturated Fat:</b> 6g	<b>Protein:</b> 17g

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

### SPECIFICATIONS

**Product Code:** FRZ000104  
**UPC:** 735108506153  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 19 lb  
**Net Case Weight:** 17 lb  
**Unit Weight:** .85 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

EGGPLANT PARMIGIANA (Tomato Sauce [Water, Tomato Puree {Tomato Concentrate Made From Red Ripe Tomatoes, Citric Acid}, Diced Tomatoes {Vine Ripened Tomatoes, Tomato Juice, Salt, Citric Acid}, Dehydrated Onions, Sugar, Granulated Garlic, Chopped Oregano, Dried Basil, White Pepper], Breaded Eggplant [Eggplant: Battered & Breaded With: Breader {Wheat Flour, Yellow Corn Flour, Salt, Whey, Soybean Oil, Leavening <Sodium Acid Pyrophosphate, Sodium Bicarbonate>, Dextrose, Onion Powder, Garlic Powder, Parmesan Cheese <Pasteurized Milk, Cultures, Enzymes, Salt>, Dehydrated Parsley, Maltodextrin, Natural And Artificial Flavor, Spices, Modified Corn Starch, Extractives Of Paprika And Annatto}, Batter {Water, Wheat Flour, Yellow Corn Flour, Whey, Leavening <Sodium Bicarbonate, Sodium Aluminum Phosphate>, Salt}, Pre-dust {Wheat Flour, Dextrose, Salt, Yeast, Garlic Powder, Onion Powder, Dehydrated Parsley, Romano Cheese <Pasteurized Cow's Milk, Cultures, Enzymes, Salt>, Spices, Unsalted Butter <Pasteurized Cream, Natural Flavor>, Extractives Of Paprika, Natural Flavor}, Soybean Oil], Mozzarella [Low Moisture Mozzarella {Pasteurized Milk, Cheese Cultures, Salt, Enzymes}, Potato Starch, Corn Starch, Powdered Cellulose To Prevent Caking, Natamycin {Natural Mold Inhibitor}], Parmesan [Parmesan Cheese {Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes}, Powdered Cellulose To Prevent Caking]), ITALIAN STYLE CHICK PEAS (Chick Peas [Cooked Dried Chick Peas, Water, Salt, Disodium EDTA To Preserve Color], Water, Diced Tomatoes [Vine Ripened Tomatoes, Tomato Juice, Salt, Citric Acid], Parmesan Cheese [Parmesan Cheese {Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes}, Powdered Cellulose To Prevent Caking], Onion Strips, THIXX [Modified Corn Starch, Maltodextrin, Sunflower Oil], Granulated Garlic, Low Sodium Vegetable Base [Blend Of Vegetables {Powders [Tomato, Onion, Carrot, Garlic], Vegetable Purees [Carrot, Celery, Onion], Tomato Paste}], Water, Yeast Extract, Torula Yeast, Canola Oil, Palm, Oil, Sugar, Potassium Chloride, Salt, Contains 2% or Less Natural Flavoring, Extract Of Carrot, Disodium Inosinate, Disodium Guanylate])

