



Nourishment. *Delivered.*

FRZ000108

CUBAN BLACK BEANS AND RICE

Black Beans and Rice, served with whole kernal corn with red peppers and parslied carrots.

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



NUTRITION INFORMATION

Serving Size: 1 meal (350g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 0mg
Calories: 340	Sodium: 1020mg
Calories from Fat: 135	Total Carbohydrate: 53g
Total Fat: 15g	Dietary Fiber: 17g
Saturated Fat: 1g	Protein: 16g

Exclusively provided by



Allergens: Contains soy

SPECIFICATIONS

Product Code: FRZ000108
UPC: 735108506306
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 19 lb
Net Case Weight: 17 lb
Unit Weight: 0.85 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

BLACK BEANS, CORN AND RICE (Black Beans, Water, Yellow Cut Corn, White Rice [Water, 100% Parboiled Rice], Sweet Red Pepper Strips, 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], Worcestershire Sauce [Water, Vinegar, High Fructose Corn Syrup, Salt, Molasses, Natural Flavors, Spice, Hydrolyzed Corn/Soy/Wheat Protein, Caramel Color, Sodium Benzoate And Potassium Sorbate As Preservatives], THIXX [Modified Corn Starch, Maltodextrin, and Sunflower Oil] , Ground Cumin, Dehydrated Onion, Ground Cayenne Pepper, Celery Seed, Dried Basil), CARROTS

