



Nourishment. *Delivered.*

FRZ000652

THREE BEAN CHILI CON CARNE

Chili with Bean and Meat, served with squash medley.

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



NUTRITION INFORMATION

Serving Size: 1 meal (342g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 60mg
Calories: 400	Sodium: 190mg
Calories from Fat: 144	Total Carbohydrate: 44g
Total Fat: 16g	Dietary Fiber: 9g
Saturated Fat: 5g	Protein: 25g

Exclusively provided by



Allergens: Contains soy

SPECIFICATIONS

Product Code: FRZ000652
UPC: 735108506528
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 23 lb
Net Case Weight: 21 lb
Unit Weight: 1.05 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

THREE BEAN CHILI CON CARNE (Ground Beef, Diced Tomatoes [Vine Ripened Tomatoes, Tomato Juice, Salt, Citric Acid], Water, Tomato Paste, Black Beans, Great Northern Beans, Pinto Beans, Red Peppers [Sweet Red Peppers, Water, Salt, Citric Acid], Green Peppers [Bell Peppers, Water, Citric Acid, Calcium Chloride], THIXX [Modified Corn Starch, Maltodextrin, and Sunflower Oil], Low Sodium Beef Base [Roasted Beef And Beef Broth, Sugar, Autolyzed Yeast Extract, Corn Oil, Flavorings, Hydrolyzed Soy Protein, Potassium Chloride, Caramel Color, Maltodextrin, Tomato Powder, Disodium Inosinate, Disodium Guanylate, Beef Extract, Corn Syrup Solids, Salt, Thiamine Hydrochloride], Chili Powder [Chili Pepper And Other Spices, Salt, Garlic Powder], Sugar, Ground Cumin, Ground Black Pepper, Granulated Garlic, Dehydrated Onions), SQUASH MEDLEY (Zucchini, Yellow Squash, Diced Red Peppers [Sweet Red Peppers, Water, Salt, Citric Acid])

