



Nourishment. *Delivered.*

FRZ000655

CHICKEN PARMESAN

Chicken Parmesan, served with rosemary potatoes and green beans.

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



NUTRITION INFORMATION

Serving Size: 1 meal (347g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 25mg
Calories: 300	Sodium: 530mg
Calories from Fat: 135	Total Carbohydrate: 31g
Total Fat: 15g	Dietary Fiber: 5g
Saturated Fat: 2g	Protein: 24g

Exclusively provided by



Allergens: Contains soy, milk, wheat, sulfites

SPECIFICATIONS

Product Code: FRZ000655
UPC: 735108506559
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 18 lb
Net Case Weight: 16 lb
Unit Weight: .80 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 halfway 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

FULLY COOKED FORMED GRILL MARKED PATTY CHICKEN BREAST FILLET STYLE WITH RIB MEAT AND SMOKE FLAVORING (Chicken Breast With Rib Meat, Water, Vegetable Protein Product [Isolated Soy Protein, Magnesium Oxide, Zinc Oxide, Niacinamide, Ferrous Sulfate, Vitamin B 12, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Mononitrate, And Riboflavin], Seasoning [Salt, Sodium Phosphates, Spices, Onion And Garlic Powder, Grill Flavor From Sunflower Oil, Smoke Flavoring]), ITALIAN STYLE TOMATO SAUCE (Water, Tomato Puree [Tomato Concentrate Made From Red Ripe Tomatoes, Citric Acid], Crushed Tomatoes [Crushed Tomatoes, Tomato Puree, Salt, Citric Acid, Calcium Chloride], Dehydrated Onions, Garlic Powder, Sugar, Oregano, White Pepper), LOW MOISTURE MOZZARELLA CHEESE (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Potato Starch, Corn Starch, Powdered Cellulose To Prevent Caking, Natamycin [Natural Mold Inhibitor]), 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, Xanthum Slurry [Water, Soybean Oil, Xanthan Gum], 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), ROSEMARY DICED POTATOES (Diced Skin-On Potatoes [Potatoes, Vegetable Oil {Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn}, Contains 2% Or Less Of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Natural Color], Rosemary)

