



Nourishment. *Delivered.*

FRZ000756

CHICKEN WITH COUNTRY PEPPER GRAVY

Breaded Chicken Patty in Country-Style Pepper Gravy, served with turnip greens and diced sweet potatoes.

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



NUTRITION INFORMATION

Serving Size: 1 meal (369g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 35mg
Calories: 440	Sodium: 490mg
Calories from Fat: 162	Total Carbohydrate: 73g
Total Fat: 18g	Dietary Fiber: 5g
Saturated Fat: 5g	Protein: 21g

Exclusively provided by



Allergens: Contains soy, wheat, milk, sulfites

SPECIFICATIONS

Product Code: FRZ000756
UPC: 735108507563
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 22.36 lb
Net Case Weight: 20.36 lb
Unit Weight: 1.02 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

BREADED CHICKEN PATTY MADE \MTH IM11TE BREAST AND RIB MEAT (Chicken Breast With Rib Meat, Water, Isolated Soy Protein, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate {B1}, Pyridoxine Hydrochloride {B6}, Riboflavin {B2}, Cyanocobalamin {B12}], {May Contain Caramel Color}, {May Contain Soy Lecithin}), Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate {B1}, Pyridoxine Hydrochloride {B6}, Riboflavin {B2}, Cyanocobalamin {B12}], {May Contain Caramel Color}, Salt, Potassium and Sodium Phosphates, Chicken Broth. Breaded With: Whole Wheat Flour, Enriched Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Dehydrated Potatoes [Potatoes, Mono And Diglycerides, Dextrose], Yeast, Sugar, Salt, Soybean Oil [Processing Aid]. Battered With: Water, [Whole Wheat Flour, Enriched Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Potato Flour, Salt, Modified Com Starch, Leavening [Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate], Flavor [Contains Maltodextrin, Salt, Natural Flavors], Hydrolyzed Com Protein, Onion Powder, Garlic Powder, Yeast Extract, Chicken Broth, Spice]. Set In Vegetable Oil). COUNTRY STYLE PEPPER GRAVY (Water, Ala King Sauce [Modified Food Starch, Dextrose, Coconut Oil, Nonfat Dry Milk, Corn Syrup Solids, Yeast Extract, Enriched Bleached Wheat Flour {Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid} Potassium Chloride, Less Than 2% Of Onion Powder, Phosphate {Potassium, Sodium}, Sodium Caseinate, Silicon Dioxide {Anticaking}, Soybean Oil, Sugar, Mono & Diglycerides, Soy Lecithin, Spice, Color {Caramel Color, Yellow 5, Yellow 6}], 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, Di sodium Guanylate, Garlic Powder, Turmeric {Color}, Gelatin, Lactic Acid, Calcium Lactate, Corn Syrup Solids], Modified Food Starch, Poultry Seasoning, Sour Cream [Buttermilk Blend {Nonfat Milk, Lactic Acid, Cream, Citric Acid}, Maltodextrin, Sour Cream Blend {Sour Cream {Cream, Nonfat Milk, Cultures} Cultured Nonfat Milk, Citric Acid, Tocopherols And Ascorbyl Palmitate}], Nonfat Dry Milk, Salt, Lactic Acid, Disodium Inosinate, Guanylate], Nonfat Dry Milk (Fortified Instant Nonfat Dry Milk {Calcium Carbonate, Vitamin A Palmitate, Vitamin D}), Ground Black Pepper, Coriander), TURNIP GREENS (IQF Turnip Greens, Water, Com Starch, Dehydrated Onions, 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), White Pepper), DICED SWEET POTATOES