



Nourishment. *Delivered.*

FRZ000761

# MEATLOAF WITH GRAVY

*Meatloaf with Gravy, served with mashed potatoes and mixed greens.*

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (479g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 65mg
<b>Calories:</b> 410	<b>Sodium:</b> 510mg
<b>Calories from Fat:</b> 189	<b>Total Carbohydrate:</b> 37g
<b>Total Fat:</b> 21g	<b>Dietary Fiber:</b> 8g
<b>Saturated Fat:</b> 7g	<b>Protein:</b> 24g

Exclusively provided by



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

### SPECIFICATIONS

**Product Code:** FRZ000761  
**UPC:** 735108507617  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 14.92 lb  
**Net Case Weight:** 12.92 lb  
**Unit Weight:** .65 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 MEATLOAF SLICES, TEXTURED VEGETABLE PROTEIN AND CARAMEL COLOR ADDED (Beef, Water, Textured Vegetable Protein [Soy Flour, Caramel Color], Ketchup [Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, Sugar, Salt, Onion Powder, Spice, Natural Flavoring], Soy Protein Concentrate, Soy Fines Soybeans, Diced Green Peppers, Diced Red Peppers, Salt, Dehydrated Chopped Onion, Seasoning [Hydrolyzed Soy Protein, Modified Corn Starch, Sodium Phosphates, Salt, Dextrose, Yeast Extract], Caramel Color), BROWN GRAVY (Water, Low Sodium Brown Gravy Mix [Modified Corn Starch, Hydrolyzed Soy Protein {With Yeast Extract, Salt, Soybean and/or Sunflower Oil}, Maltodextrin, Sugar, Onion Powder, Creamer Powder {Palm Oil, Corn Syrup Solids, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Sodium Silico Aluminate}, Caramel Color, Garlic Powder, Disodium Inosinate and Disodium Guanylate, Natural Flavors, and Sunflower Oil], THIXX [Modified Corn Starch, Maltodextrin, and Sunflower Oil]), PARSLIED MASHED POTATOES (Water, Instant Potatoes Granules [Potato {Dry}, Vegetable Mono And Diglycerides, Freshness Preserved With Sodium Bisulfite and BHT], Butter Buds [Whey Solids, Natural Flavor, Maltodextrin, Dehydrated Butter {Buttermilk Powder, Butter}, Guar Gum, Annatto and Turmeric {For Color}], Fortified Instant Nonfat Dry Milk [Calcium Carbonate, Vitamin A Palmitate & Vitamin D], White Pepper, Parsley Flakes, Salt), MIXED GREENS (Turnip Greens, Collard Greens, Water, THIXX [Modified Corn Starch, Maltodextrin, and Sunflower Oil], 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).

