



FRZ000765

SEAFOOD GUMBO

Seafood Gumbo, served with brown rice and corn.

Nourishment. *Delivered.*

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



NUTRITION INFORMATION

Serving Size: 1 meal (425g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 45mg
Calories: 390	Sodium: 330mg
Calories from Fat: 63	Total Carbohydrate: 63g
Total Fat: 7g	Dietary Fiber: 12g
Saturated Fat: 2g	Protein: 20g

Exclusively provided by



Allergens: Contains fish (pollock), wheat, soy

SPECIFICATIONS

Product Code: FRZ000765
UPC: 735108507655
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 21.40 lb
Net Case Weight: 19.40 lb
Unit Weight: .97 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

SEAFOOD GUMBO WITH BROWN RICE (Seafood Gumbo [Water, PRECOOKED BREADED WHOLE GRAIN SWEET POTATO POLLOCK NUGGETS (Pollock, Whole Wheat Flour, Vegetable Oil [Canola, Cottonseed And Or Soybean] Enriched Wheat Flour [Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Dehydrated Sweet Potatoes, Sugar, Water, Potato Starch, Whole Grain Yellow Corn Flour, Modified Wheat Starch, Salt, Yeast, Tapioca Starch, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate], Brown Sugar, Onion Powder, Garlic Powder, Extractives Of Paprika [Color], Spice, Sodium Tripolyphosphate [To Retain Moisture]), Diced Tomatoes {Tomatoes, Tomato Juice, Less Than 2% Of: Salt, Calcium Chloride, Citric Acid}, Tomato Puree {Tomato Concentrate Made From Red Ripe Tomatoes, Citric Acid}, Diced Celery, Okra, Diced Green Peppers {Bell Peppers, Water, Citric Acid And Calcium Chloride}, Onions, Parsley, 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}, Garlic, THIXX [Modified Corn Starch, Maltodextrin, and Sunflower Oil], Ground Cumin Seeds, Black Pepper}, BROWN RICE [Water, Rice {Long Grain Parboiled Rice Enriched With Iron {Ferric Phosphate}, Niacin, Thiamine {Thiamine Mononitrate}, Folic Acid}], CORN

