



Nourishment. *Delivered.*

# CHICK'N NUGGETS

*Plant-Based Chicken Nuggets, served with warm rice salad and diced sweet potatoes.*

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



## NUTRITION INFORMATION

**Serving Size:** 1 meal (304g)  
**Amount per serving:**  
**Calories:** 480  
**Calories from Fat:** 90  
**Total Fat:** 10g  
**Saturated Fat:** 0g  
**Trans Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 450mg  
**Total Carbohydrate:** 82g  
**Dietary Fiber:** 4g  
**Protein:** 17g

Exclusively provided by



**Allergens:** Contains egg, wheat, milk

### SPECIFICATIONS

**Product Code:** FRZ000804  
**UPC:** 735108508041  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 17 lb  
**Net Case Weight:** 15 lb  
**Unit Weight:** 0.75 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

RICE WITH TOMATO (Water, White Rice [100% Parboiled Rice], Diced Tomatoes [Vine Ripened Tomatoes, Tomato Juice, Salt, Citric Acid], Low Sodium Vegetable Base [A Blend of Vegetables {Powders (Tomato, Onion, Carrot, Garlic), Vegetable Purees (Carrot, Celery, Onion), Tomato Paste}, Water, Yeast Extract, Torula Yeast, Canola Oil, Palm Oil, Sugar, Potassium Chloride, Salt, Contains 2 percent or less of Natural Flavoring, Extract of Carrot, Disodium Inosinate, Disodium Guanylate], Diced Green Peppers [Bell Peppers, Water, Citric Acid And Calcium Chloride], Diced Onion Seasoning [Onion], Parsley ), MEATLESS BREADED BONELESS WINGS (Quorn [Mycoprotein, Water, Egg White, Natural Flavoring, Calcium Acetate, Calcium Chloride], Wheat Flour, Water, Expeller Pressed Canola Oil, Wheat Starch, Contains 2% or Less Of; Potato Dextrin, Wheat Gluten, Salt, Nonfat Milk, Dried Whole Egg, Spice, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate], Egg White, Sugar, Yeast), DICED SWEET POTATOES

