



Nourishment. *Delivered.*

FRZ000655

# CHICKEN PARMESAN

*Chicken parmesan, served with rosemary potatoes and cheesy spinach.*

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (416g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 72mg
<b>Calories:</b> 369	<b>Sodium:</b> 363mg
<b>Calories from Fat:</b> 135	<b>Total Carbohydrate:</b> 32g
<b>Total Fat:</b> 15g	<b>Dietary Fiber:</b> 4g
<b>Saturated Fat:</b> 6g	<b>Protein:</b> 26g

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"Lx13 1/2"Wx9 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 FILET WITH RIB MEAT & SMOKE FLAVOR ADDED (Chicken Breast with Rib meat, Water, Vegetable Protein [Isolated Soy Protein, Magnesium Oxide, Zinc Oxide, Niacinamide, Ferrous Sulfate, Vitamin B12, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin], Seasoning [Salt, Sodium Phosphates, Spices, Onion and Garlic Powder, Grill Flavor from sunflower Oil, smoke flavoring]), ITALIAN STYLE TOMATO SAUCE (Water, Crushed Tomato [Vine-ripened Unpeeled Tomatoes, Tomato Puree, Less than 2% of Salt, Citric Acid], Tomato Puree [Water, Tomato Paste, Citric Acid], Diced Onions, Sugar, Granulated Garlic, Xanthan Gum, Oregano, White Pepper), LOW SODIUM MOZZARELLA CHEESE (Pasteurized Processed Low Sodium Mozzarella Cheese [Cultured Milk, Water, Milkfat, Skim Milk, Sodium Phosphates, Salt, Sorbic Acid (Preservative), Enzymes], Powdered Cellulose (To prevent caking), Potassium Sorbate and Natamycin(Preservatives)), Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose(Anti-Caking)),SPINACH NEAPOLITAN (Spinach, Water, Diced Tomatoes [Vine-Ripened Tomatoes, Tomato Juice, Less Than 2% of Salt, Citric acid, calcium chloride], Pasteurized Process Cheese Food [Cheese: Cheddar and Colby Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Whey Protein Concentrate, Skim Milk, Whey, Sodium citrate, Milk fat, Salt, Sodium Phosphate, Sorbic acid as a preservative, Apocarotenal(color), with Potato Starch and Cellulose Powder to Prevent Caking], Onions, Ala King Sauce Mix [Modified Food Starch, Dextrose, Nonfat Dry Milk, Coconut Oil, Yeast Extract, Enriched Bleached Wheat Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Syrup Solids, Potassium Chloride, Onion, Sodium Caseinate, Contains 2% or Less of: Sugar, Partially Hydrogenated Soybean Oil, Potassium & Sodium Phosphate, Mono & Diglycerides, Spice, Caramel Color, Soy Lecithin, Color (Yellow 5 & 6), Silicone Dioxide (Anticaking)], Modified Corn Starch, Parmesan Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (Anti-Caking)], Granulated Garlic, Xanthan Slurry [Xanthan Gum, Canola Oil], White Pepper), ROSEMARY DICED POTATOES (Diced Skin-on Potatoes [Potatoes, Vegetable Oil (Soybean, Canola, Corn, and/or Sunflower Oils), Dextrose, Disodium Dihydrogen Pyrophosphate (to maintain natural color)], Rosemary, Paprika).

