



Nourishment. *Delivered.*

FRZ000060

OVEN BAKED CHICKEN

Oven baked chicken, served with green bean & red pepper mix and yellow rice with tomatoes & chives.

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



NUTRITION INFORMATION

Serving Size: 1 meal (412g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 98mg
Calories: 410	Sodium: 137mg
Calories from Fat: 135	Total Carbohydrate: 43g
Total Fat: 15g	Dietary Fiber: 4g
Saturated Fat: 2g	Protein: 32g

Exclusively provided by



Allergens: Contains soy, sulfites

SPECIFICATIONS

Product Code: FRZ000060
UPC: 735108504258
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 25 lb
Net Case Weight: 23 lb
Unit Weight: 1.15 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

YELLOW RICE WITH TOMATOES & CHIVES (Water, Enriched Rice (Long Grain Parboiled Rice, Enriched with Ferric Phosphate, Niacin, Thiamine Mononitrate, and Folic Acid), Diced Tomatoes [Vine-Ripened Tomatoes, Tomato Juice, Less Than 2% of Salt, Citric acid, calcium chloride], Diced Chicken, 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), Egg Shade Color [Water, FD&C Certified Food Colors including Yellow #5 and other colors, Citric Acid, Sodium Benzoate], Chives, Xanthan Gum), BAKED CHICKEN (Chicken, Water, Sodium Phosphates, Salt, Autolyzed Yeast, Maltodextrin, Beef Extract, Garlic Powder, Onion Powder, Spice Extractives, Natural Smoke Flavor), SEASONED GREEN BEANS WITH DICED RED PEPPERS (Green Beans, Diced Red Peppers [Diced Red Peppers, Water, Salt, Citric Acid], Butter Flavor Seasoning [Water, Natural and Artificial Flavoring Compounds, Propylene Glycol, Xanthan Gum, FD & C Certified Color including yellow 5])

