



Nourishment. *Delivered.*

FRZ000063

# ARROZ CON POLLO

*Baked chicken and fiesta rice, served with Mexicali corn.*

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (317g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 55mg
<b>Calories:</b> 333	<b>Sodium:</b> 61mg
<b>Calories from Fat:</b> 63	<b>Total Carbohydrate:</b> 43g
<b>Total Fat:</b> 7g	<b>Dietary Fiber:</b> 9g
<b>Saturated Fat:</b> 2g	<b>Protein:</b> 24g

Exclusively provided by



**Allergens:** Contains soy, sulfites

### SPECIFICATIONS

**Product Code:** FRZ000063  
**UPC:** 735108504357  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 18 lb  
**Net Case Weight:** 16 lb  
**Unit Weight:** 0.8 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

FIESTA RICE (Brown Rice, Diced Tomatoes [Vine-Ripened Tomatoes, Tomato Juice, Less Than 2% of Salt, Citric Acid, Calcium Chloride], Pinto Beans, Water, Onions, Green Peppers, 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], Modified Food Starch [Corn], Black Pepper, Cumin, Cayenne Pepper, Egg Shade Color [Water, FD&C Certified Food Colors including Yellow #5 and other colors, Citric Acid, Sodium Benzoate]) CHICKEN BREAST PATTY WITH RIB MEAT: Chicken Breast w/ Rib Meat, Water, Seasoning {Hydrolyzed Milk Protein, Hydrolyzed Gelatin}, Salt, Dextrose, Sodium Phosphate. MEXICALI CONFETTI CORN (Corn, Butter Flavor Seasoning [Water, Natural and Artificial Flavoring Compounds, Propylene Glycol, Xanthan Gum, FD & C Certified Color including Yellow #5], Diced Red Peppers [Diced Red Peppers, Water, Salt, Citric Acid], Diced Green Peppers [Peppers, Water, Citric Acid, Calcium Chloride], Onions)

