



Nourishment. *Delivered.*

FRZ000065

# OVEN BAKED CHICKEN

Oven baked chicken, served with Southern rice, black-eyed peas, and spinach.

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal(449g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 102mg
<b>Calories:</b> 397	<b>Sodium:</b> 211mg
<b>Calories from Fat:</b> 144	<b>Total Carbohydrate:</b> 39g
<b>Total Fat:</b> 16g	<b>Dietary Fiber:</b> 10g
<b>Saturated Fat:</b> 2g	<b>Protein:</b> 37g

Exclusively provided by



**Allergens:** Contains soy, milk, wheat, sulfites

### SPECIFICATIONS

**Product Code:** FRZ000065  
**UPC:** 735108504401  
**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

SOUTHERN RICE (Brown Rice [Water, Long Grain Brown Rice, 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}], Black-Eyed Peas [Black-eyed Peas, Seasoning Blend {Water, Modified Food Starch, 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}], Low Sodium Vegetable Base [A blend of vegetables [Tomato Paste, Powders {Tomato, Onion, Carrot, Garlic}, Purees {Celery, Onion, Carrot}], Canola Oil, Palm Oil, Autolyzed Yeast Extract, Torula Yeast, Potassium Chloride, Salt, Sugar, Contains 2% or Less of the following: Natural Flavoring, Soy Lecithin, Extract of Carrot, Disodium Inosinate, Disodium Guanylate}], Diced Chicken, Granulated Garlic, Chives, Chili Powder), BAKED CHICKEN (Chicken, Water, Sodium Phosphates, Salt, Autolyzed Yeast, Maltodextrin, Beef Extract, Garlic Powder, Onion Powder, Spice Extractives, Natural Smoke Flavor), SPINACH SOUFFLÉ (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}, Silicic Acid {Anti-caking}], Spinach, Parmesan Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose {Anti-Caking}], Diced Red Peppers [Diced Red Peppers, Water, Salt, Citric Acid], Modified Food Starch, Water, Granulated Garlic, Nutmeg, Black Pepper)

