



Nourishment. *Delivered.*

**FRZ000070**

# SWEET AND SOUR CHICKEN

*Sweet and sour chicken over white rice with gingered peas.*

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (408g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 61mg
<b>Calories:</b> 410	<b>Sodium:</b> 575mg
<b>Calories from Fat:</b> 36	<b>Total Carbohydrate:</b> 65g
<b>Total Fat:</b> 4g	<b>Dietary Fiber:</b> 11g
<b>Saturated Fat:</b> <1g	<b>Protein:</b> 26g

Exclusively provided by



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

### SPECIFICATIONS

**Product Code:** FRZ000070  
**UPC:** 735108504487  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 24 lb  
**Net Case Weight:** 22 lb  
**Unit Weight:** 1.10 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

Sweet & Sour Chicken (Diced Chicken, Water, Sugar, Pineapple tidbits (Pineapple, pineapple juice), Carrots, Celery, Oriental vegetable blend [Carrots, Broccoli, Sugar Snaps, Red Peppers, Onions, Green Peppers], Soy sauce lite [Water, Wheat, Soybeans, Salt, lactic Acid, Sodium Benzoate: Less than 1/10 of 1% as a preservative], White Vinegar, Ketchup [Tomato Concentrate made from vine ripened tomatoes, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less than 2% of Onion Powder, Garlic Powder, Natural Flavors], Cherry Pieces [Cherries, High Fructose Corn Syrup, Granulated Pure Sugar, Water, Potassium Sorbate {a preservative}, Sodium Benzoate {A Preservative}, Citric Acid, Artificial Flavor, FD&C Red # 40, Sulphur Dioxide {A Preservative}, Green Pepper Strips, Red Peppers Strips, 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}, Garlic, Ginger), White Rice (Enriched Rice (Long Grain Parboiled Rice, Enriched with Ferric Phosphate, Niacin, Thiamine Mononitrate, and Folic Acid), Gingered Peas (Peas, Ginger Butter Flavor Seasoning [Water, Ginger, Natural and Artificial Flavoring Compounds, Propylene Glycol, Xanthan Gum, FD & C Certified Color including yellow 5])

