



Nourishment. *Delivered.*

FRZ000076

SESAME CHICKEN

Sesame chicken, served with broccoli & carrots and steamed cauliflower with red peppers.

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



NUTRITION INFORMATION

Serving Size: 1 meal (322g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 55mg
Calories: 239	Sodium: 507mg
Calories from Fat: 72	Total Carbohydrate: 23g
Total Fat: 8g	Dietary Fiber: 6g
Saturated Fat: 2g	Protein: 21g

Exclusively provided by



Allergens: Contains soy, wheat, sulfites

SPECIFICATIONS

Product Code: FRZ000076
UPC: 735108504623
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 20 lb
Net Case Weight: 18 lb
Unit Weight: 0.9 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

GRILLED FILET SHAPED CHICKEN BREAST WITH RIB MEAT (Chicken Breast with Rib Meat, Water, Seasoning [Hydrolyzed Milk Protein, Hydrolyzed Gelatin], Salt, Dextrose, Sodium Phosphate), SESAME SAUCE (Water, Soy Sauce Lite [Water, Wheat, Soybeans, Salt, lactic Acid, Sodium Benzoate: Less than 1/10 of 1% as a preservative], Sugar, Turkey Gravy Mix [Modified Food Starch, Cornstarch, Yeast Extract, Maltodextrin, Dextrose, Enriched Bleached Wheat Flour {Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Potassium Chloride, Natural Flavor, Xanthan Gum, Caramel Color, Onion, Turkey Stock, Partially Hydrogenated Soybean Oil, Salt, Artificial Color {Yellow 5 & 6}, Less Than 2% Silicon Dioxide {Anticaking}], Sesame Seeds, 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), Sesame Oil, Sesame Seeds, Modified Food Starch {Corn}, Garlic, Ginger), BROCCOLI SHREDDED CARROT BLEND (Broccoli, Shredded Carrot), CAULIFLOWER WITH RED PEPPERS (Cauliflower, 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]

